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Your essential daily news | WEDNESDAY, DECEMBER 16, 2015

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JOE LOFARO/METRO

BEER ON

Some Ottawa-area
grocery stores now
selling cold ones
metroNEWS

Schools falling short on sexual assault reporting

metr EXCLUSIVE

Co-ordination, improved data needed to combat issue nationwide



Michael
Woods
Metro | Ottawa

A lack of co-ordination between Canadian colleges and universities has resulted in a “patchwork of services” to prevent and respond to campus sexual assaults, says a newly released document.

A federal briefing note also reveals wide gaps in campus assault data, and suggests the government may need to consider taking an American-style approach when it comes to reporting cases of sexual violence.

Status of Women Canada prepared a briefing note for then-minister Kellie Leitch in March after some high-profile incidents brought attention to the issue of sexual violence

against women on campuses.

Metro obtained the document under the Access to Information Act.

One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. Another incident involved Dalhousie dentistry students who posted misogynistic comments about their female classmates in a private Facebook group — also revealing sexism is deeply-rooted in the faculty.

The note spells out some of the actions being taken across Canada, including public awareness campaigns and new policies. Status of Women Canada has funded dozens of initiatives on campuses across the country.

But it also says more co-ordination and better data are needed to get a better handle on the problem.

“There does not appear to be an

overall co-ordinated focus of sexual violence prevention and response efforts, resulting in a patchwork of services on campuses across Canada,” the document says.

The note also said there's a lack of comparable data about incidents of sexual violence on campuses, meaning the government may need to examine a legislative approach such as the Clery Act in the U.S.

“More could be done to encourage universities and colleges to develop a common reporting framework as well as improve transparency in tracking and reporting incidents,” the note says.

Several provinces have developed or are developing sexual violence policies.

Ontario's \$41-million sexual assault action plan, for example, includes a requirement for colleges and universities to adopt a sexual assault policy and publicly report rates of sexual violence.

The note recommended three actions for Leitch, including hosting a roundtable on the subject and writing to 80 university presidents



More could be done,
particularly to
encourage bystander
intervention and
involvement.

Briefing note from
Status of Women Canada

to encourage them to address the issue on their own campuses, and the need for a common framework for collecting and reporting data. The briefing note indicates she accepted all the recommendations.

It's unclear, however, whether the roundtable ever occurred.

“It would not be appropriate for the current government to comment on previous government's commitments,” department spokeswoman Audrey Jacques said in an email.

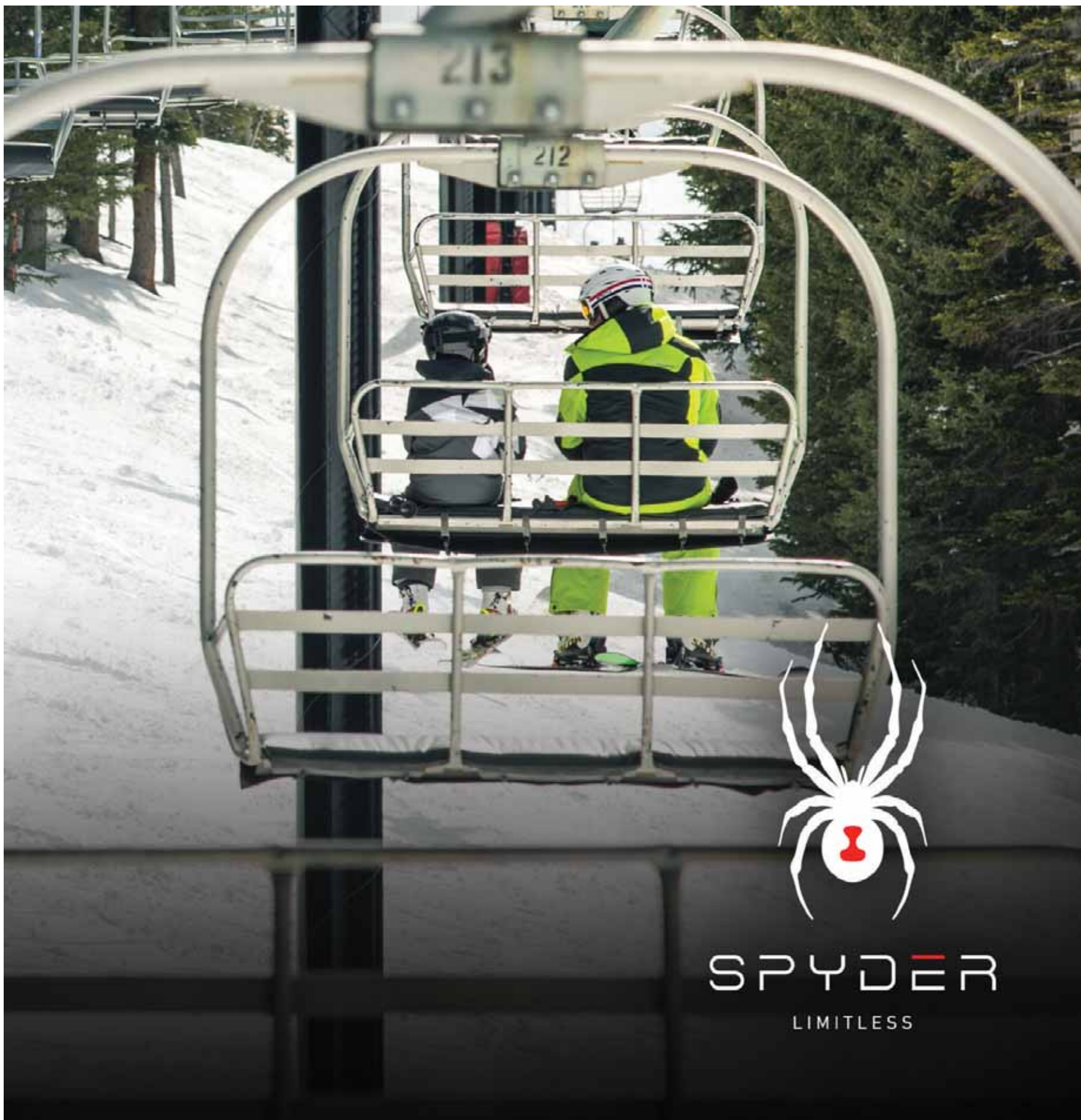
She said Patty Hajdu, the newly appointed status of women minister, will take a “close look” at the issue of violence.

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Going rogue against the budget



Coun. Tobi Nussbaum said he doesn't believe councillors voting against the budget is a sign there is an emerging opposition coalition to Mayor Jim Watson. METRO FILE

CITY HALL

Pressure to vote with mayor 'intense': Deans



Lucy Scholey
Metro | Ottawa



Emma Jackson
Metro | Ottawa

There might not be an official opposition on city council, but there could be consequences for voting against the mayor.

Gloucester-Southgate Coun. Diane Deans said Tuesday she felt punished for voting against the 2016 budget when she was blamed the next day for the O-Train's ongoing technical

issues. Transit Commission chairman Coun. Stephen Blais told the media that Deans allowed the city to spend \$60 million on ineffective O-Train upgrades when she chaired the commission.

"It felt so much a result of this budget vote," Deans said Tuesday. She added there's "intense pressure" to vote with the mayor, particularly on budget day.

"I'm not sure that serves our democracy very well."

Five councillors — Deans, Tobi Nussbaum, Catherine McKenney, Jeff Leiper and Rick Chiarelli — all voted against the budget, the first non-unanimous budget since Mayor Jim Watson took office in 2010. The five councillors couldn't support the budget, they said, for a variety of reasons.

Their dissent wasn't, as some speculated, because there's an emerging opposition coalition looking to overthrow the mayor,

Nussbaum said.

"I'm voting on an issue-by-issue basis," he said.

Instead, there just happens to be more like-minded councillors supporting initiatives to improve the quality of life for the city's most vulnerable residents, whether that's supporting lower transit fares, pushing back on development or asking council to lift homeless people out of poverty, he said.

Coun. David Chernushenko said he feels freer to speak up without being labelled the council nag now that there are other councillors fighting for similar issues.

"Several of the newest councillors have shown they are not going to let team solidarity to be a reason for preventing them from asking tough questions," he said.

Last term, when it was often just him and retired Coun. Diane

Holmes fighting for downtown issues, he opted to "hold my tongue" on battles he knew he wasn't going to win, he said.

McKenney, however, said she wasn't elected to be silent.

"I don't think there's a councillor I've shared every vote with," she said.

And it does more harm than good when voters start thinking of city council as a Westminster-style parliament, with a faction in an official opposition, says Leiper.

"It cultivates an us-versus-them mentality."

But Chiarelli said he thinks every councillor should dissent at some point, as they are "not elected to represent the administration at city hall."

Watson's press secretary, Brook Simpson, said the mayor is looking forward to collaborating with all councillors, including the dissenters, on future issues.

5

COUNCILLORS WHO VOTED NO

1 Tobi Nussbaum

Rideau-Rockcliffe Coun. Tobi Nussbaum was elected to represent the eastern reaches of urban Ottawa last year after Coun. Peter Clark retired. Nussbaum said he voted against the budget because he disagreed with OC Transpo raising fares 2.5 per cent when service is due for significant disruption during LRT construction.

2 Rick Chiarelli

College Coun. Rick Chiarelli has been in office since the 1980s, when he was first elected as a school trustee. Like Deans, he voted against the budget for the first time last week (not including in 2008, when he voted for a replacement budget). He voted against the 2016 budget because he said it's based on assumptions, including the snow-clearing savings.



5 Jeff Leiper

Coun. Jeff Leiper was first elected in 2014 in a race against incumbent Katherine Hobbs. He's not comfortable this budget can deliver the services residents demand.

4 Catherine McKenney

Somerset Coun. Catherine McKenney was elected to her downtown ward in 2014 after long-time Coun. Diane Holmes retired from office. McKenney said she couldn't support the 2016 budget because she didn't believe a two-per-cent tax cap could deliver the same level of service without going into deficit.

3 Diane Deans

Long-time Gloucester-Southgate Coun. Diane Deans has held office in the south end of Ottawa for 20 years, and voted against the budget for the first time last week. Deans said the 2016 budget didn't represent the Ottawa she envisions, including supporting the city's most vulnerable people.

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Beer's here: 8 stores selling suds



Province wants six-packs in 58 stores by the end of the year



Joe Lofaro
Metro | Ottawa

Vincent Wickham made history in Ottawa on Tuesday.

He was one of the first people in the city to buy beer from a grocery store as the province of Ontario opened up sales of the suds to select Metro, Loblaws and Sobeys' locations.

Those across the Ottawa River in Quebec, might be laughing at their Ontario neighbours for making a fuss over the new option. Quebecers and Newfoundlanders have been able to buy beer in grocery stores and corner stores for years.

To many Ontarians this was long overdue. It has been illegal to buy alcohol in this province since Prohibition.

The Liberal government's goal is to have six-packs of beer available at 58 grocery stores by the end of this year — 13 of them independents — and eventually expand to 450 grocery retailers, both large and small, by 2017.

So far in the first round, eight Ottawa area grocery stores are selling beer:

- Metro on Strandherd Drive
- Farm Boy on Tenth Line in Orleans
- Sobeys on Metcalfe Street
- Loblaws on Baseline Road
- Real Canadian Superstore on Eagleson Road
- Sobeys on Terry Fox Drive
- Sobeys on March Road in Kanata



A customer checks out the selection of craft beer on the shelf at the Loblaws in College Square on Tuesday. JOE LOFARO /METRO

• Independent on Main Street

Wickham picked up four tall cans of Canuck Pale Ale by Great Lakes Brewery at the Loblaws in College Square along with his other groceries Tuesday afternoon.

The Beer Store is located just across the same plaza in College Square. The LCBO is also next door to the Loblaws.

"Part of me is kind of concerned about it for that whole Walmart size going to one (place) for everything. But I

“We think will only let us gain more fans, not just for our beer, but for craft beer in general.”

Steve Beauchesne

do like it for the convenience. I'm not someone who's going to make that extra trip to The Beer Store if I can avoid it,

so I'm super happy about it," Wickham said at the checkout designated for beer purchases.

"It's still an extra distance I have to walk, carry an extra bag. If I can do it all in one place, I'm lazy so I'll go for the convenience."

In College Square, there are two front-end displays selling craft beer and big name brands. There are designated beer lanes at the checkout and customers will only be allowed to purchase their favourite brew between 9 a.m. and 11

p.m. Monday to Saturdays, and 11 a.m. and 6 p.m. on Sundays.

Steve Beauchesne, co-founder of Beau's All Natural Brewing Co., said this new deal is great for craft brewers.

"Our biggest challenge is getting access to the customer. When the customer is given the choice to buy our beer like they are in the LCBO, they tend to choose it," he said. "We think will only let us gain more fans, not just for our beer, but for craft beer in general."

WITH FILES FROM THE CANADIAN PRESS

+ SELECTION

Some beers now sold at eight grocery stores



A six-pack of Mill Street Organic cost **\$13.95**.

ALL PHOTOS BY JOE LOFARO/METRO



Six Hoptical Illusions by Flying Monkeys Craft Brewery cost **\$13.85**.



A six-pack of Molson Canadian will cost you **\$13.75**



A tall can of Toronto's Steamwhistle beer is **\$2.95**.



A tall can of Canucks Pale Ale by Great Lakes Brewery is **\$2.65**.

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Six-pack purchase a historic moment



BEER AT
THE GROCERY
STORE

Fairness, convenience behind sales

Ontario's premier made history Tuesday simply by purchasing a six-pack of beer at a Toronto

grocery store, something that hasn't been legal in the province since Prohibition.

Kathleen Wynne, 62, smiled when she was asked for proof of age as she purchased a pack of Rhyme & Reason from Toronto's Collective Arts Brewing at a Loblaws store, starting the long-promised rollout of beer sales in select grocery outlets across the province.

"It's nice to be carded," she

joked with the cashier before announcing that 58 grocery stores across Ontario can now legally sell beer.

The Liberal government's goal is to have six-packs of beer available at 58 grocery stores by the end of this year — 13 of them independents — and eventually expand to 450 grocery retailers, both large and small, by 2017. That's roughly the same number of retail out-

lets the Beer Store operates in Ontario.

The move is all about making life easier for people who lead very busy lives, said Wynne. The other reason is fairness, insisting the government was creating a level playing field for all brewers.

At least 20 per cent of grocers' shelf space for beer must be dedicated to products from small brewers. THE CANADIAN PRESS



Ontario Premier Kathleen Wynne and Minister of Finance Charles Sousa select beer at a Loblaws in Toronto on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

NATIONWIDE

Rules differ across Canada for alcohol

Ontario allowed the sale of beer in grocery stores for the first time Tuesday and is still looking at ways to expand wine sales to more private outlets.

The rollout follows a deal with the Beer Store, which will eventually see 450 grocery stores — large and small — sell beer by 2017. THE CANADIAN PRESS

HERE'S HOW ALCOHOL IS SOLD IN OTHER PROVINCES:

Nova Scotia: Beer, wine and spirits are sold at provincially owned liquor-store outlets. Some beer, wine and spirits are available at some private stores.



Alberta: Beer, wine and spirits are sold in privately owned liquor stores.



Prince Edward Island: Beer, wine and spirits are sold at provincially owned liquor store outlets and a number of licensed agency stores.



Quebec: Beer and wine are sold in grocery stores and corner stores. Wine, spirits and select beer are sold in government-run outlets.



Saskatchewan: Beer, wine and spirits are sold at provincially owned liquor stores, rural franchises licensed by the government, and in three privately owned stores. Beer, wine and spirits are also available at various "off sales" attached to bars and restaurants.



New Brunswick: Beer, wine and spirits are sold in provincially owned liquor store outlets. A limited selection of wines is available at some grocery stores.



British Columbia: Beer, wine and spirits are sold in provincially owned and private liquor stores. Craft beer can be purchased at the brewery.



Newfoundland and Labrador: Beer is available in convenience stores. Liquor and beer are sold at provincially owned liquor store outlets. Wine is only sold at provincially owned liquor store outlets.



Manitoba: There is a mix of government-run and private wine and beer stores. Hotels are allowed to sell beer as licensed vendors, similar to "off sales."



FESTIVAL

Winter Brewfest spotlights more than 35 breweries

With nary a snowflake in Ottawa, craft beer fans could easily forget the second annual Winter Brewfest is on Feb. 12-13.

The Lansdowne event will feature more than 35 breweries from Ontario and Que-

bec, including Gainsbourg, Charlevoix, Kichesippi, Le Trou du Diable, and Beyond the Pale.

There will be food, too. Tickets are selling for \$15 at the Horticulture Building. The price includes admission to one beer session and a souvenir glass. METRO

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A cyclist uses the new pedestrian crossing over the Rideau River the first weekend of December. **HALEY RITCHIE/METRO**

Adawe Crossing sees 20K trips

INFRASTRUCTURE

Councillors say high usage shows bridge was needed



Haley Ritchie
Metro | Ottawa

The city's newest cycling and pedestrian bridge has had 20,000 user trips in its first 10 days, according to city data.

The Adawe Crossing opened Dec. 4, connecting the neighbourhoods of Sandy Hill and Overbrook over the Rideau River six months earlier than planned.

At the time, councillors Tobi Nussbaum and Mathieu Fleury hailed the bridge as a safer, more direct east-west connection between the east end and downtown.

Since then, between 1,400 and 1,800 daily weekday trips have proven them right, said

Nussbaum.

"I was hugely impressed," Nussbaum said. "It shows there was a latent demand for a crossing at that site."

Opening weekend had particularly high numbers, Nussbaum noted, quoting data from optic and pressure counters the city hasn't made public. That brought the 10-day total between Dec. 4 and 14 to about 20,000 trips.

The bridge has formalized the popular crossing where residents have for generations braved the shallows to reach the other side. Now they can walk and bike across without getting wet.

The warm December weather is boosting user numbers, Nussbaum said, and the stats will likely drop as proper winter weather settles in. But more people will also use the bridge as word gets out, he said.

Coun. David Chernushenko said the positive Adawe numbers would hopefully help convince provincial and federal depart-

ments to chip in for the next pedestrian span on the city's list, the \$18-million bridge between Fifth Avenue and Clegg Street.

That project is being designed right now and is scheduled for construction between 2020 and 2025.

Chernushenko has been pushing to get it done faster. Ottawa Centre MPP Yasir Naqvi and MP Catherine McKenna have both said they support the project, but the city hasn't officially asked for funding yet.

10

Number of days bridge has been open.

Last week, the city moved \$2.7 million away from the Prince of Wales bikeway project into the Fifth-Clegg file.

Chernushenko said the city is "close" to filing its funding request.

HERONGATE

Arrest made in swarming

Ottawa police have made an arrest following a recent swarming in Herongate.

On Dec. 7 at around 7:25 p.m., police say three males accosted a woman walking in the Cedarwood and Baycrest area. One of the suspects grabbed her bag, and then the group fled.

Police say patrol officers who were called to the scene soon found and arrested one of the suspects.

A 16-year-old Ottawa boy has been charged with one count of robbery. He is scheduled to appear in youth court on Jan. 5.

Police are still looking for the other two suspects, and investigators are also looking into potential links to other similar robberies in the area.

Anyone with information with respect to this robbery, or any other robbery, is asked to contact the Ottawa Police Robbery Unit at 613-236-1222 ext. 5116.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS) or by downloading the Ottawa Police app. **METRO**

WILDLIFE

Moose on the loose rescued

National Capital Commission conservation officers came to the rescue Tuesday morning for a young moose trapped in an east end backyard.

"It's a success story and it proves natural resources management works when everyone is working towards the same goal," said Pierre-Luc Denis, one of the NCC officers involved in the rescue.

The one-and-a-half-year-old female calf had wandered into a residential backyard near the Mer Bleue bog. It damaged a

small portion of fence to enter the yard but was unable to get back out.

Residents in the house called the city around 6 a.m. but Ottawa Police weren't able to lure the 500-pound animal out of the yard.

"At this point the moose was really calm and it was not really looking to anywhere," said Denis.

Police secured the area and called in backup. NCC officers arrived around 8 a.m. and tranquilized the animal so it could be moved without alarming it.

The moose was transported to a wooded area and watched until the drugs wore off.

Denis said it's not unusual for moose to leave the bog, but it's fairly rare to see them in backyards in Ottawa.

"Sometimes the moose go out for a specific food source. When they're younger they tend to be more curious," he said.

He added that cars and dogs might spook wandering moose, causing them to run in the wrong direction and have trouble getting home. **HALEY RITCHIE/METRO**

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Mapping tool to track clothing bins

SYRIAN REFUGEES

Technology helps ensure donations hit legitimate bins



Lucy Scholey
Metro | Ottawa

Ottawa residents looking to donate used clothing to the Syrian refugee resettlement effort will soon have a new mapping tool to track down donation bins.

College Coun. Rick Chiarelli along with a new Syrian refugee not-for-profit called Capital Welcomes and area charities such as the Salvation Army are working to make sure good Samaritans are not donating

to fraudulent donation bins.

"The last thing we want people to do is donate new or gently used clothing with a warm heart and find that it goes to the wrong place," Chiarelli said during an announcement on Tuesday.

Fake donation bins are an ongoing problem in the city. Chiarelli said about 400 fraudulent boxes popped up around Ottawa in the summertime,



We are thrilled to be able to point people to the web tool.

Director Louisa Taylor

with collectors pocketing a profit. City staff is working on a bylaw to combat these thieves.

Further confusing the problem: scammers sometimes use charity names on their donation boxes and they phone asking for cash or clothing.

This new mapping tool, which will be available at the Capital Welcomes Facebook Page, refugee613.ca and rickchiarelli.com, will point donors to the right bins.

Louisa Taylor, director of Refugee 613, said this clothing

bin initiative is a huge help for the volunteer group, which does not have the capacity to collect such donations.

"It became a big logistical, organizational challenge for us to manage," she said, "so we are thrilled to be able to point people to the web tool."

Four Ottawa-bound Syrian refugees were expected to land in Toronto on Tuesday afternoon.



HitchBOT relaxes in a hammock during a pit stop in Hamilton.

JONATHAN FORANI/TORSTAR NEWS SERVICE FILE

ROBOTICS

HitchBOT finds a home at museum



Haley Ritchie
Metro | Ottawa

After crossing the country by relying on the kindness of strangers, a hitchhiking robot is retiring in Ottawa.

The Canadian robot rose to fame last year after making a 10,000-kilometre journey from Halifax to Victoria, B.C. HitchBOT used its artificial intelligence, speech technology and robotic gestures to charm its way into 19 rides in 26 days that took it across the country.

The journey is now over — the Canadian Science and Technology Museum announced Tuesday that HitchBOT will become a permanent part of the museum's collection.

"This isn't a piece of lab technology, this has been out on the road and people have connected to it," said Tom Everett,

curator of communications technology at the museum.

"HitchBOT is a Canadian road-trip story. It's been canoeing, it's been to weddings, it's been on ferry rides, it's done all these things," said Everett.

Researchers at McMaster University and Ryerson University had created the original rain boot-wearing robot as a social experiment.

A second HitchBOT travelled to Europe and the United States in 2015, but was destroyed in Philadelphia in August.

The Canadian robot lives on, but the bot that left is a little different from the bot that came home. Well wishes and signatures adorn its body and it's covered in pins and stickers from across the country.

After receiving some updates, the robot will be on display when the museum re-opens in 2017.

HEALTH CARE

Ottawa Public Health pulls 900 children out of school

Ottawa Public Health issued 900 suspensions to elementary school students on Tuesday for failure to update vaccination records.

OPH has been mailing and calling parents since the summer asking

that vaccine records be updated. In accordance with Ontario law, students whose vaccines are not up to date will be suspended.

Parents who need to update their children's vaccine records can go online at parentinginOttawa.ca/immunization or call 613-580-6744. **HALEY RITCHIE/METRO**

Advertorial

3 Cheers for Winterlude Volunteers!

The 38th edition of Winterlude — the Capital's celebration of everything winter has to offer — is just around the corner. It's that magical time of year when the region gets decked out in its winter finery and welcomes visitors from around the globe.

But it takes more than snow and ice to make Winterlude a success. In fact, it takes more than 700 volunteers—who keep the kids safe and sliding in Jacques-Cartier Park, or who dress up as our beloved Ice Hogs to take photos with visitors, in Confederation Park. That's just a few of the ways volunteers help keep the Winterlude spirit alive.

"Ottawa and Gatineau are vibrant cities with a strong sense of community and Winterlude is one of their defining events" says Nancy Modrcin, Head of Marketing, Metro Ontario Inc. "We're extremely excited to come on board as its 2016 exclusive volunteer program sponsor."

As if the smiles of our winter visitors aren't reward enough,



Winterlude volunteers get a lot in return for their time and energy. They get the healthy glow that comes from spending time outdoors. They get to meet new people and experience what it takes to make a festival of this magnitude a success. And student volunteers get to have fun while logging their community involvement hours.

There are even more benefits to volunteering at Winterlude. Everyone who puts in more than 12 hours over the course of the

event automatically receives a Winterlude souvenir as a thank you. Every volunteer also receives an invitation to a volunteer appreciation evening. Register before December 23 and your name will be entered for a chance to win an early-bird prize.

Winterlude runs from January 29 to February 15, 2016.

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Canada

Sens have good shot at LeBreton Flats

REAL ESTATE

Senators Sports one of finalists to submit a \$75K site proposal



Michael Woods
Metro | Ottawa

The Ottawa Senators' path to a playing in a downtown arena appeared to get much easier on Tuesday.

Only two of the four groups shortlisted to redevelop LeBreton Flats submitted detailed proposals by Tuesday's deadline, the National Capital Commission said.

The NCC said DCDLS Group (formerly called Devcore Group) and Rendez Vous LeBreton Group are the two finalists to redevelop the prime parcel of land just west of downtown.

Rendez Vous includes Senators Sports and Entertainment, the company that owns the Ottawa Senators. Its proposal would include an arena on the site.

DCDLS's bid was originally said to include multiple cultural institutions. However, multiple

+ OPEN HOUSE

The two proposals will be made public Jan. 26 at the start of a two-day open house at the Canadian War Museum. The two groups will present their plans and people can ask questions and submit feedback.

The event will be live-streamed, and the NCC will be taking online feedback until Feb. 8. It aims to announce the successful proponent in June.

reports Tuesday said it also includes an NHL-calibre arena. Both proposals would also include residential and commercial elements, as well as green spaces.

The Senators, who have played in Kanata since 1996, covet LeBreton Flats because its more central location would give them access to a larger fan base from areas east and north of the city.

The NCC also made public the project's request for proposals on Tuesday, which includes the design criteria that proponents

Ottawa Senators' Bobby Ryan, right, and his team might soon be playing in a downtown arena. Only two of the four groups shortlisted to redevelop LeBreton Flats submitted detailed proposals by Tuesday's deadline — and one includes the company that owns the Sens. ADRIAN WYLD / THE CANADIAN PRESS



were required to include in their submissions.

The other two shortlisted

groups — Claridge Homes and Focus Equities — did not give reasons for not submitting pro-

posals, NCC spokesman Mario Tremblay said.

The four pre-qualified groups

were selected last February, and given \$75,000 each to develop their proposals.



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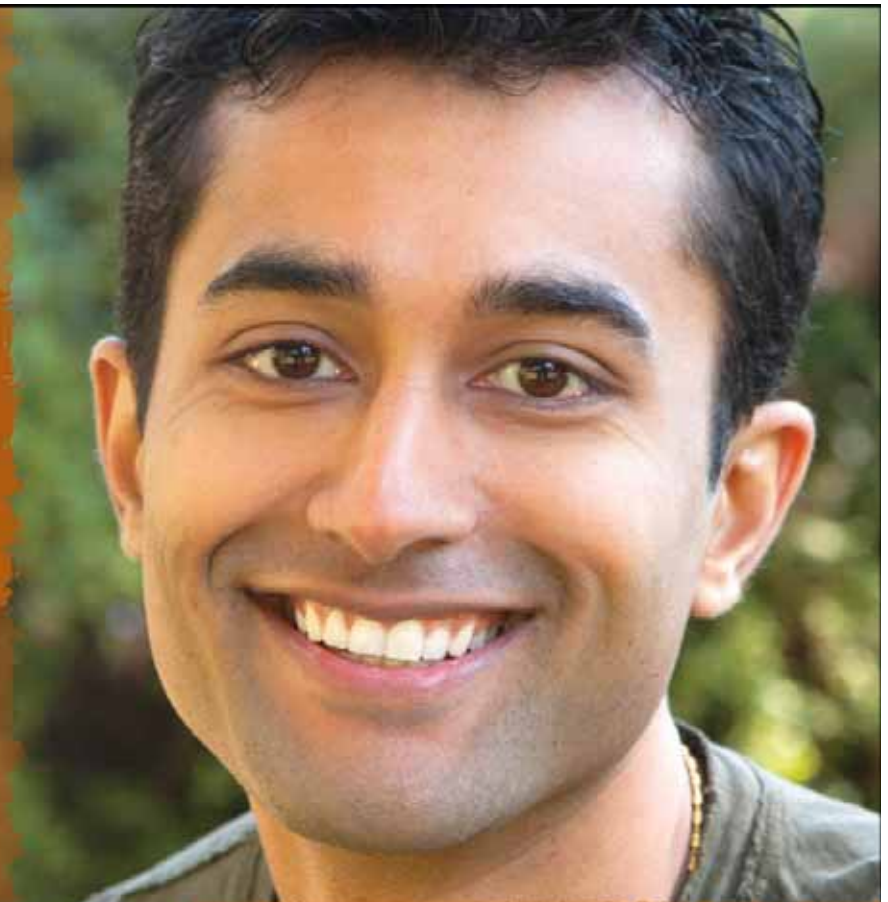


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Sen. Mike Duffy, a former member of the Conservative caucus, arrives at the courthouse for his trial in Ottawa. SEAN KILPATRICK / THE CANADIAN PRESS

PM pressured me, Duffy says

SENATE SCANDAL

Testifies he was coerced into actions by senior Tories

In Mike Duffy's telling, his last months inside the Conservative caucus were a devastating series of betrayals and threats, designed to force him into admitting he had botched his Senate expenses.

If there is a crux to the senator's testimony, which reached its sixth day on Tuesday, his animated description of his dealings with Stephen Harper's team in February 2013 is it.

"I knew they were building a scaffold, and everywhere I looked I saw people who were betraying me, leaking stuff to the media that wasn't true," Duffy told the court.

"I was all alone."

Duffy has pleaded not guilty to 31 charges of fraud, breach of trust and bribery. Some of the charges have to do with his filing living expenses for time spent in his longtime home in the Ottawa area, on the premise his primary residence was in Prince Edward Island.

The bribery charge relates to the allegation that he was a participant in a scheme to have Harper's one-time chief of staff Nigel Wright secretly repay \$90,000 in expenses, while Duffy told the public he had done so.

Duffy's defence is that he was coerced into agreeing to the scheme by powerful Conservatives, including Wright and Harper. He said he made his case to the former prime minister after a February 2013 caucus meeting, arguing that telling the public he had made a mistake with his expenses would ruin his reputation.

"I know it seems unfair, I know you didn't break the rules, but the rules are inexplicable to our base (of political support), and therefore you're going to have to pay the money back,"

to produce the analysis that said he had broken the rules, he said Wright became angry.

"He said, 'If you keep defying the prime minister, you'll end up like Patrick Brazeau, out of the caucus and probably out of the Senate.'"

Wright testified in August that he had indeed pressured Duffy to repay his expenses but that he had not raised the threat of expulsion from the Senate. On the contrary, Wright said he continually reassured Duffy that he was on a solid constitutional footing.

"I knew they were building a scaffold... I saw people who were betraying me, leaking stuff to the media that wasn't true. Mike Duffy

Duffy says Harper told him.

A few days later, he and Wright would have a testy phone call about how Duffy should admit making a mistake and repay the expenses. The senator was continuing to dig in his heels; he felt he could prove he spent enough time on P.E.I., with other weeks spent on the road trying to raise support for the Conservative party.

Duffy alleges that Wright warned him that a powerful, Conservative-dominated Senate committee was poised to issue a report saying he wasn't constitutionally eligible to sit in the Senate for P.E.I., because of his living arrangements.

When Duffy asked Wright

After the call with Wright, Duffy said he received more calls from Conservatives pressuring him to give in. Those conversations, combined with a new review of residency status partly triggered by then Conservative Senate leader Marjory LeBreton, caused Duffy to finally acquiesce.

From there, negotiations began between Duffy's lawyer, Wright and Harper's lawyer.

Duffy told the court he never asked for money. Instead, he said Wright told him that because he had spent so much time travelling and working for the party, that the party would defray the repayment.

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Accommodating 'sky-high' growth

DEVELOPMENT

Pythian's new space promises convenient way to do business



Tom Pechloff
Ottawa Business Journal

There is still much to do on the outside and a little more work to do on the inside, but Pythian recently celebrated the grand opening of its new Westboro office.

While workers in hard hats and steel-toed boots might make it difficult to find the main entrance at 319 McRae St., the IT service company has been fully functional at its new digs since Dec. 7.

"It's really exciting to see the whole thing come together after all this time," CEO Paul Vallée said when he gave OBJ a tour ahead of the grand opening.

Vallée said he knew by the beginning of 2013 his company was going to outgrow its space at 1200 St. Laurent Blvd.

The firm's headcount had cracked the 400 mark and even though more than half the staff don't call Ottawa home, the St. Laurent office was "bursting at the seams," he said.

While McRae Street may have a completely different feel from St. Laurent Boulevard, there was one major similarity that was appealing, according to Vallée.

Neither location is in the downtown core.

With most of Pythian's clients coming from out of town, Vallée said there was no par-



Ottawa Mayor Jim Watson and Pythian CEO Paul Vallée cut the ribbon at the company's Westboro office last week. COURTESY PYTHIAN

ticular benefit to being in the heart of the city.

"You pay more money," he said. "It's not that you're more convenient to anybody anyway."

Westboro was attractive for other reasons too.

"This is a really hot, up-and-coming neighbourhood. Not only are there already pretty good restaurants and amenities," he said, "the investment that is happening in this neighbourhood is sky-high right now."

Being close to the Transitway and eventually the LRT Confederation Line was also a bonus,

said Vallée.

Vallée estimated the old office, which included additional space rented across the street, was about 28,000 square feet. Pythian has closer to 40,000 square feet at its new space on the fifth and sixth floor of the new Westboro development,

he said.

A bigger office could be seen as somewhat ironic for a company that delivers its services electronically, allowing many of its staff to work from home.

What that means, Vallée explained, is that he expects the new space to be able to accom-

modate Pythian's continued growth for its full 10-year lease.

"We really tried to create a very modern office feel with a lot of hotelling opportunities so people who don't want to be in the office full-time don't have to be," Vallée said.

The abundance of open space will be helpful when the company hosts its quarterly conferences, called Pythian Days, for its clients who fly in from around the world.

Making a personal connection with customers really does matter, Vallée said.

"It's what makes electron-

ic delivery possible. Once you have a personal relationship with someone, then you can deliver electronically. That's a really important part of how it works," he said.

In 1997, Pythian started offering services to companies that had revenue-generating systems. With the emergence of software-as-a-service technology, that market is exploding, and the company now has clients that include the likes of American Apparel, National Geographic, Fox Sports and Harvard Business Publishing, to name but a few.

"We really tried to create a very modern office feel with a lot of hotelling opportunities so people who don't want to be in the office full-time don't have to be."

Pythian CEO Paul Vallée

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Nepean's Shauna Quinn is looking to improve young lives, one diaper at a time. She is campaigning to generate 10,000 donated diapers of all sizes for families in need by early January as part of her sixth-annual Bare Bottoms Diaper Drive. ERIN MCCrackEN/METROLAND MEDIA

Diaper drive to help ease the load

CHARITY

Thousands collected for needy families

Shauna Quinn is on a mission to diaper babies' bums across Ottawa, and beyond.

The Nepean resident's sixth-annual Bare Bottoms Diaper Drive this holiday season has so far brought in about 2,000 diapers toward her goal of collecting 10,000 diaper donations by early January.

Her efforts may seem impressive and her goal daunting, but both are outstripped by the demand by parents struggling to cover the costs of adequately diapering their children.

The average child, from the time they are born until they are fully potty trained, goes through about 7,500 disposable diapers.

"So if we have a goal of 10,000 diapers, we're really

helping 1.5 babies, from birth to potty training," Quinn said. "That's it."

Parents are faced with trying to come up with an average of \$100 to \$150 a month to diaper one child. Newborn needs are higher — about 12 diapers a day, while older children may require fewer diapers, but still need training pants.

After generating more than 10,863 diapers during her 2014 drive, Quinn has since worked to extend her reach, partnering with additional stores and organizations this year to give more residents the chance to donate.

She now has diaper drop-off locations as far away as Orléans and Almonte, and is now collecting cloth diapers for the new Kanata-based Ottawa Cloth Diaper Lending

Program.

Many of the disposable diaper donations will go to the Ottawa Food Bank, as well as stay with Bethany Hope Centre, which helps young families.

Quinn has big plans for her diaper drive. She hopes to make her initiative a non-profit organization one day and have permanent donation bins in locations across the city year round, even turn it into a diaper bank.

The diaper drive continues until early January. Open packages of diapers are welcome, as are single diaper donations. Diapers can also be dropped off at Ottawa Food Bank collection bins.

For details or to get involved, go to BareBottomsOttawa.com.

ERIN MCCrackEN/METROLAND MEDIA

7,500

The number of diapers a child uses until they are completely potty-trained.

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Apology still timely: Trudeau

INDIGENOUS AFFAIRS

PM speaks of renewing First Nations relationship

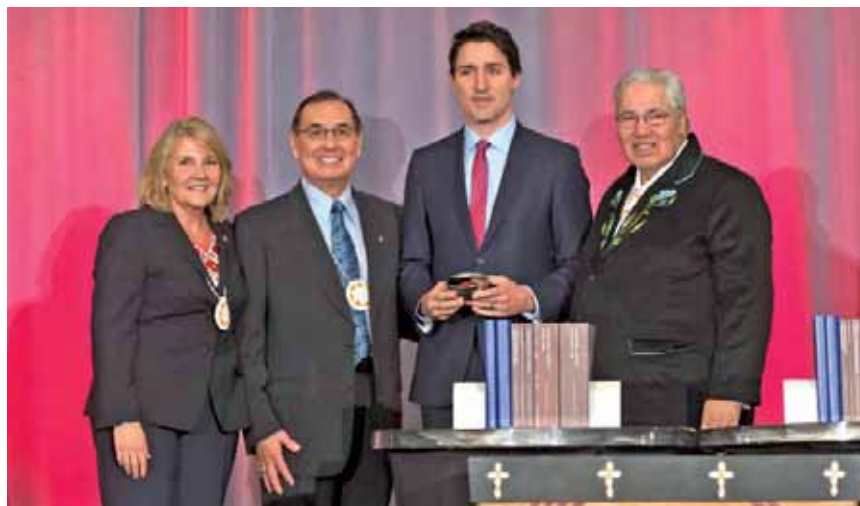
Prime Minister Justin Trudeau said the reconciliation needed as part of dealing with the tragedy of residential schools is an issue that all of Canada needs to work on together.

"Our goal, as we move forward together, is clear: it is to lift this burden from your shoulders, from those of your families and communities. It is to accept fully our responsibilities — and our failings, as a government and a nation," Trudeau said Tuesday in Ottawa as the Truth and Reconciliation Commission presented its final report to the federal government and church leaders who were parties to the residential schools settlement agreement.

Trudeau said that seven years after former prime minister Stephen Harper made his historic apology to the survivors of Indian residential schools and their families, the words of the apology remain true and timely, and so does the request for forgiveness.

"At the same time, there is reason for hope. Today, we find ourselves on a new path, working together toward a nation-to-nation relationship based on recognition, rights, respect, co-operation and partnership," said Trudeau, according to an advance copy of his prepared remarks.

The 3,231-page final report follows the executive summary released in June that included 94 recommendations, or "calls to action" to address the dark history and continuing legacy of Canadian residential schools that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century.



Commissioner Marie Wilson, Commissioner Chief Wilton Littlechild and Commissioner Justice Murray Sinclair stand with the prime minister after presenting him with a copy of the final report of the Truth and Reconciliation commission in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

"The final report provides a way forward for all Canadians, building on the formal apology of seven years ago. It sets us squarely on a path to true reconciliation. The government of Canada is committed to walking that path with indigenous peoples, in partnership and

friendship," said Trudeau, who as Liberal leader committed to supporting all 94 recommendations, beginning with the implementation of the United Nations Declaration on the Rights of Indigenous Peoples.

Trudeau, who said he is meeting with national aborig-

inal leaders Wednesday, said that work has already begun with the launch of consultations with families and other stakeholders on the design of a national inquiry into missing and murdered indigenous women and girls.

TORSTAR NEWS SERVICE

3,231

The number of pages in the final report

150K

The number of First Nations, Métis and Inuit children who attended residential schools

3,201

The number of indigenous children and youth who died in residential schools — many of them buried in unmarked graves

\$1.5M

The amount of money it would cost to complete the work recommended by the working group

Today, we find ourselves on a new path, working together toward a nation-to-nation relationship. Prime Minister Justin Trudeau

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TAXES

Morneau says GST is not changing

The federal finance minister is seeking to clarify the government's position on the GST.

Bill Morneau was asked Tuesday whether he has considered raising the goods and services tax as a way to generate more government revenue.

"You know, one of the things that I'm absolutely sure of is that we should go through our budget



Bill Morneau
THE CANADIAN PRESS

process in order to figure out where we're going to get to," Morneau responded.

"I'm not at this stage considering any tax issues that haven't been already put in our campaign platform."

Later, Morneau tweeted: "Contrary to misleading headlines, we are not considering changes to the GST."

THE CANADIAN PRESS

IN BRIEF

Ambrose pans Trump

Donald Trump's views aren't welcomed by Canada, the interim leader of the Conservatives says. "I think he's off the spectrum, frankly," Rona Ambrose said.

THE CANADIAN PRESS

Smugglers sentenced

Two men have been sentenced for smuggling eight immigrants across the Canadian border into New York. Christopher Square, 29, and Daniel Humberto Pulido-Mojica, 30, were sentenced.

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Europe proposes border guard plan

MIGRANT CRISIS

EU plans 2016 budget of \$260 million for new agency

The European Commission has unveiled a controversial plan for a European border guard agency that would deploy to member states overwhelmed by migrants — whether those nations want it or not.

The new agency would have a standing reserve force of at least 1,500 border guards that could be sent to EU border checkpoints within three days, rather than relying on time-consuming calls to nations for volunteers during emergencies.

"This is a safety net, which like all safety nets, we hope will never need to be used," European Commission Vice-President Frans Timmermans told EU lawmakers on Tuesday.



Migrants sit outside a former Olympic indoor stadium in Athens. Hundreds have been housed in the stadium after being removed last week from Greece's northern border with Macedonia. YORGOS KARAHALIS/THE ASSOCIATED PRESS

The plan is contentious because it requires countries to surrender some of their sovereignty — something many have viscerally opposed so far — and it's unclear whether the scheme will win enough backing among the bloc's 28 members to pass.

EU leaders will discuss it for the first time at a two-day summit beginning Thursday.

The proposal is just the start of a potentially long and divisive legislative process. Still, the EU has planned a 2016 budget for the agency of 238 million euros (\$260 million).

920K

Number of people who have entered the EU this year, 720,000 in Greece alone. National border guards have struggled with the influx.

According to the International Organization for Migration, more than 920,000 people have entered the EU so far this year. The influx has overwhelmed national border guards and reception capacities, notably in Greece, where some 770,000 migrants have arrived, most of them from Turkey.

The border and coast guard would monitor EU borders to the outside world — like Greece's — and have the right to send border guards, ships, planes or other assets when a country is unable or unwilling to enforce border laws.

THE ASSOCIATED PRESS

NIGERIA

Shiite protesters shot by police, reports say

Police opened fire Tuesday on unarmed Shiite Muslim protesters in the northern city of Kaduna, leaving three dead, the spokesman for Shiites in Nigeria said, as activists accused soldiers of having killed hundreds of Shiites in "a massacre" in a nearby town.

Police spokesman Zubairu Abdullahi denied any killings and said Shiites tried to attack a police station.

"We only repel the sect who attempted to attack our station," he said. "We only used tear gas to disperse them."

Spokesman Ibrahim Musa of

the Shiite Islamic Movement in Nigeria said three people were killed and 10 wounded when police shot "peaceful protesters." They were condemning the mass killings over the weekend and early Monday in Zaria, and demanding the military release their leader, Ibraheem Zakzaky.

The bloodshed was yet another blow to Africa's most populous nation, already beset by a 6-year-old insurgency waged by Boko Haram, a violent Islamic group which is at odds with the Shiites.

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IN BRIEF

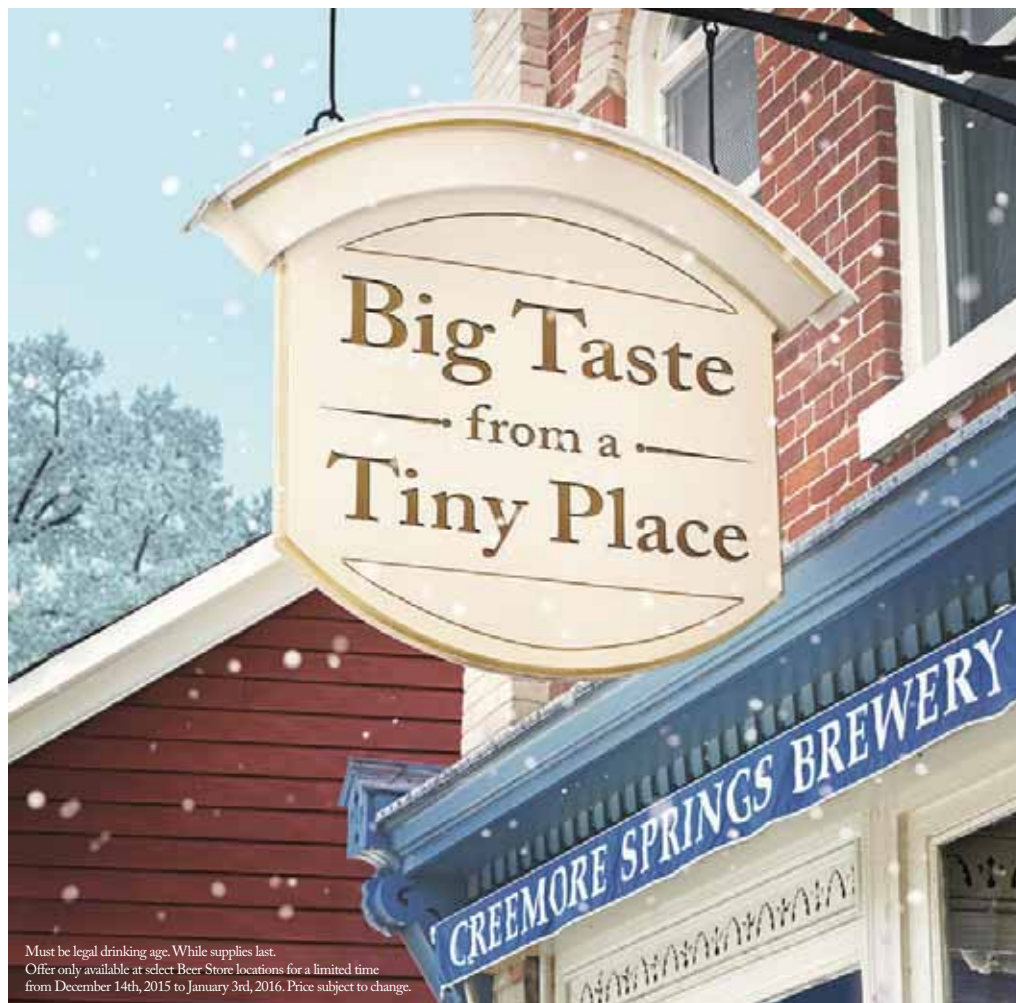
Soyuz docks with ISS

A Russian spacecraft carrying three astronauts from the U.S., Britain and Russia docked Tuesday at the International Space Station. The Soyuz was carrying Russian Yuri Malenchenko, Timothy Kopra of NASA and Timothy Peake of the European Space Agency. THE ASSOCIATED PRESS

Jury deadlocked in trial

Jurors in the trial of Officer William Porter charged in the death of Freddie Gray said Tuesday they were deadlocked, but the judge told them to keep deliberating. Police were stationed around the city ahead of any verdict to prevent the unrest and rioting.

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Ben Carson calls for extra troops at Canadian border

UNITED STATES

Proposal does not explain why more security is needed

Republican presidential candidate Ben Carson is calling for the U.S. to deploy soldiers to parts of the Canadian border.

Carson, who is fading quickly in the polls, made the proposal as part of the "Seven Steps to a Safer America" anti-terrorism plan he issued on Tuesday.

The sixth step: "President Barack Obama and Congress should immediately deploy the National Guard and military troops to patrol the U.S. southern border as well as designated spots along the northern border."

He did not identify the spots or say why he believes current security measures



Republican Presidential candidate Dr. Ben Carson speaks. THE ASSOCIATED PRESS/THE CANADIAN PRESS

along the Canadian border are inadequate.

Canadian diplomats spent years after the 9/11 attacks of 2001 attempting to combat the widespread myth that some of the hijackers crossed into the U.S. from Canada.

Carson is the second Republican candidate to suggest new defensive measures up north. Wisconsin Gov. Scott Walker, now out of the race, was widely ridiculed for mus-ing about the possibility of a wall along the Canadian

border.

Carson has been plagued by a perception that he is unschooled on foreign policy.

He has lost nearly half of his national support in the month since the Islamic State of Iraq and the Levant ter-

+ GOP DEBATE

Chairman slams Hilary to start off Republican debate

"This is a unifying message ... I think you can agree with me, that every single one of the candidates on this stage would be world better than Hillary Clinton." National GOP Chairman Reince Priebus said. The crowd at the Venetian applauded.

THE ASSOCIATED PRESS

rorist attack on Paris, and he now sits in fourth place behind businessman Donald Trump, Texas Sen. Ted Cruz and Florida Sen. Marco Rubio.

His security plan includes a formal declaration of war against ISIL, the formation of a stronger coalition to fight the extremist group, and the creation of a "refugee safe zone" in northeast Syria. Carson does not want the U.S. to accept refugees.

TORSTAR NEWS SERVICE

TERROR THREAT

Hoax in U.S. shuts schools

The nation's two biggest school systems — New York City and Los Angeles — received threats of a large-scale attack Tuesday, and L.A. reacted by shutting down the entire district. New York dismissed the warning as an amateurish hoax and held class as usual.

In L.A., the threat came in the form of an email to a school board member that raised fears of another attack like the recent deadly shooting in nearby San Bernardino.

Authorities in New York reported receiving the same "generic" email that was sent to other cities around the country. They decided there was no danger to schoolchildren, with Mayor Bill de Blasio concluding the threat contained "nothing credible."

"It was so outlandish," he said.

The shutdown abruptly closed more than 900 public schools and 187 charter schools attended by 640,000 students across Los Angeles.

THE ASSOCIATED PRESS

RESEARCH

Trudeau could be last leader to go grey: Expert



U.S. President Barack Obama, right, and Prime Minister Justin Trudeau look dapper at the Asia-Pacific Economic Cooperation summit. THE ASSOCIATED PRESS FILE

Leading a country comes with extraordinary privileges but also, apparently, a price: new research suggests that heads of state age faster than normal and that the stress of the job may shave almost three years off their life expectancy.

Doctors analyzed how long presidents and prime ministers in 17 countries - including Britain, Canada, France, Germany and the U.S. - survived after leaving office, compared to the losing candidates. They also observed the number of

years that heads of state lived versus what was expected for someone of the same age and gender.

After considering the fates of 279 heads of state and 261 runner-ups, they concluded former leaders lived for almost three fewer years than expected.

"To lose a few years is significant," said Dr. Anupam Jena of Harvard Medical School, the study's senior author.

Even U.S. President Barack Obama recently joked with

Canada's new Prime Minister Justin Trudeau - who is about a decade younger than Obama - about how a country's top office can speed up aging. Obama advised Trudeau he should start dying his hair to avoid going grey.

Jena said Trudeau - who is a keen outdoorsman - might fare better than expected.

"Someone like him, who is fit, may be in a better starting position than others," he said.

"The years could be kinder to him." THE ASSOCIATED PRESS

MIDDLE EAST

Several nations back Saudi Arabia against terrorism

Saudi Arabia said Tuesday it has lined up most of the Arab world, NATO member Turkey and several African and Asian countries behind a vaguely defined "Islamic military alliance" against terrorists.

The move allows the kingdom to cast itself as a leader in the fight against extremism. But absent from the alliance are the Shiite-led countries of Iran and Iraq, as well as Syria.

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ROMANIA SHEPHERDS STORM PARLIAMENT More than 1,000 angry shepherds scuffle with riot police Tuesday in Bucharest after breaking through fences to get into the grounds of Romania's parliament. They were protesting a law that limits the number of sheepdogs they can use and bans them from grazing sheep during winter. THE ASSOCIATED PRESS

Debt highest with young people: BoC

ECONOMY

Borrowers under 45 years more at risk of income drops

The most-important weak spot in the armour of the country's financial system — climbing household debt — is increasingly concentrated among younger Canadians, the Bank of Canada said Tuesday.

The most-indebted borrowers tend to be under 45 years old and usually earn less money, which would put them more at risk of income drops caused by an economic downturn, the central bank said.

The bank's semi-annual

\$400B

The share of Canada's household debt held by higher-risk borrowers has risen to 21 per cent or close to \$400 billion from a pre-crisis level of 13 per cent. These households tend to be in British Columbia, Alberta and Ontario.

financial system review was released as the economy struggles to build momentum after contracting over the first two quarters of 2015.

Borrowers have helped carry the load for the economy and, as a result, the key vulnerability of household debt has con-

tinued to rise.

The bank, however, said that while income growth has failed to keep pace with mounting mortgage credit, the chance of household debt becoming a serious problem remains low and is likely to fade as the economy picks up steam.

It added that so far there has been little evidence of significant increases in delinquency rates.

Still, the report contained numbers that show the proportion of households in the shaky position of holding debt higher than 350 per cent of their gross income has doubled to about eight per cent since the 2008 financial crisis. The increase is mostly due to the extended era of low interest rates.

THE CANADIAN PRESS

SETTLEMENTS

N.Y. retailers agree not to sell realistic toy guns

New York's attorney general says 30 online retailers have agreed to stop selling realistic toy guns in New York. The settlements follow July letters to the retailers from across the U.S. who were selling the imitation weapons through an Amazon.com platform for third-party retailers.

Attorney General Eric Schneiderman says the

toys in question violate a New York law against sales in the state.

His investigation found 1,337 were sold in New York City. This summer, retailers including Walmart, Sears, Kmart and Amazon agreed to keep realistic toy guns off their shelves in New York. In November, a Cleveland police officer fatally shot a 12-year-old holding a realistic-looking pellet gun.

THE ASSOCIATED PRESS

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Moove over, sheep
Mom was right: Warm milk does promote sleep, says a new study — but more so if it's drawn late at night from sleepy cows.

URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
When is it OK to say hello in the office men's room? At any other point in my day, I will nod to colleagues. But it seems wrong to greet them when they're actually peeing. Yet it's also a bit weird to ignore them completely.

Dear Ellen,

This is a delicate problem, summed up in one simple question: When is it OK to say hello in the men's room? I'm talking mainly about the office. At any other point in my day, I will nod a 'hello' to colleagues. But, if I encounter them in the staff washroom, it seems wrong to greet them when they're actually peeing. Some men need to concentrate, so it's probably disruptive to start a conversation. But it also seems weird to ignore them completely. Should I nod at before or after apparel is adjusted? Or wait till the hand-washing stage?

Worried of Toronto
Dear Worried,
I know who you are because you recently approached me in person about this, and I told you to email the question. But your letter has left out the most interesting thing you said in our brief conversation: I.e., that men often pass gas while at the urinal.

I have two things to say about this: 1) Sorry, guys, this does not qualify as bona fide multi-tasking; and 2) I was surprised, since women, in my experience, do not do this in public washrooms. Given my ignorance of men's room practices, I will turn to a male expert (as I did previously, in a column about the shy male pee-er): My esteemed editor and final arbiter on all things etiquettical, Matt LaForge.

See Matt's men's room

Don't "look." You know what I'm talking about.



guidelines below, along with a few reminders from me for polite patrons of the ladies' room.

HERS

Hover craft: If you must crouch above the toilet without touching it while you pee, wipe stray droplets off the seat afterwards.

Timing for stalls: As long as the patriarchy continues to confuse "equality" with an equal number of stalls in male and female washrooms, women will be lining up to pee before, during and after every public event. So when you do finally achieve the bliss of a stall with a working toilet and sufficient tissue, don't dawdle. Your sisters in the lineup snaking out the door are just as desperate to void and exit as you are.

'N sink: Once you've washed your hands, try to find another piece of mirror to check hair, teeth and lips so someone else can squeeze in to wash their hands at the sink.

HIS

Worried, not all matters of etiquette are cut-and-dried — and, as final arbiter, I should know — but this one is. The basics are as follows:

When passing a colleague on the way in or out of the men's room, feel free to greet him as if you were in the hallway, on the trading floor, in the grain silo, or on the swing stage (I don't know where you work). When washing or drying your hands next to a colleague, it is, as your letter suggests, perfectly acceptable to greet or even to hazard a conversational salvo. When one or both of you is peeing, however, you should act as if you were a child before about the mid-1980s: Don't speak unless spoken to.

The fellow at the urinal is in a vulnerable state; presume therefore that he would prefer to be left alone. But if his coping mechanism involves compulsively making small talk, reply politely (eye-

contact not necessary) even if you would just as soon allow silence to prevail. In all cases, bear in mind etiquette's Golden Rule: The comfort of others takes precedence over yours. If that means subsuming your desire to fill every silence with idle chit-chat, do so. And if that means forfeiting your own desire for quiet so as to indulge a chit-chat artist, then do that.

While we're on the subject, let's get another simple one out of the way. Don't "look." You know what I'm talking about: You're standing there and, for no reason more dubious than the mere fact that ceramic tile isn't much to look at, you find yourself compelled to, as it were, survey the scene. Refrain. While peeing abreast of another man, colleague or no, act as you would in the presence of someone who's changing or breastfeeding. That is, afford him as much metaphysical privacy as the circumstances allow.

I've heard it suggested, as you no doubt have, that the injunction not to "look" is somehow rooted in homophobia. Nonsense. Any homophobic behaviour that arises as a result of a "looking" incident is separate and distinct from the underlying issue.

The underlying issue, Worried, is that to be seen naked is, in most cases, to be made uncomfortable, and that this is true whether or not the beholder shares a gender with the beheld (for more on this, see the Book of Genesis). Remember that Golden Rule: Take care to recognize another's discomfort and, at a minimum, don't make it worse.

With files from Matt LaForge

Need advice?

Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD

metroview



Celebrating feminism and rejecting the label? You're freeloading.

An elephant walks into a crowded room. "I'm not an elephant!" he declares. "Sure, I have the trunk, tough grey skin and the ivory, but I don't like labels, and I don't consider myself to be an elephant."

No one says anything, for fear of upsetting him, though they recognize the elephant is objectively wrong.

And that's the origin of the "elephant in the room" idiom.

Or not. But it is the tale of the flawed logic of most 40-ish women in Canada.

According to a survey by Chatelaine magazine and Abacus Data — released last week and irritating me ever since — 68 per cent of women 35-45, when asked if they are feminists, said, "No."

Let's suppose that some of those women really don't believe in the equality of the sexes, in which case not being a feminist makes perfect sense.

Let's also suppose that many of those women do in fact believe men and women are equal, in which case they are not making sense at all.

That invites the question: Why would they deny it? In video interviews, many explained they have a distaste for the label.

Labels are often only disliked when they're controversial. These women, presumably, are OK with being called women. They're also OK with being called

40(ish). Obviously, "feminist" isn't so innocuous. These women, it seemed from some of the interviews, don't want the flak. They perhaps don't want to have to explain that "feminist" is not synonymous with "angry man-hater."

And that's cowardly. Some indicated they feel privileged enough not to need feminism, unlike the thousands of murdered and missing indigenous women, say, who are three times more likely than white women to be victims of violent crime.

And that's selfish.

I will also, finally, charge this: By expecting and lauding the wins made by feminists, while in the same breath rejecting that label, you're freeloading. You're getting all the goods — the push for equal pay, for more women leaders, for the end of harmful masculine and feminine ideals, for shelter from a violent partner should you ever need it — without standing up for the cause that serves you.

I've been told that women respond more to emotions than logic, and also that a woman attracts more bees with honey, so here's the soft pitch: If you come out of the closet, you'll find Justin Trudeau, Aziz Ansari, Beyoncé and Malala Yousafzai waiting for you with open arms.

I'll even throw in a pair of 100 per cent cotton "Feminist" stamped underwear.

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5

FOOD TRENDS FOR 2016

Ready for a taste of 2016? Since we're all tired of hearing about bacon, Brussels sprouts and cauliflower steaks, let's look forward to some of the flavours and foods that will be popping up in the coming year. It's not so much that these foods are radically new. Rather, they are edging toward a critical mass, making them common on restaurant menus and easier to find. **THE ASSOCIATED PRESS**

Grains and legumes

It all started with quinoa. Now all sorts of crazy grains and legumes (or seeds masquerading as them) have been popping up. We have farro and teff, millet and triticale, not to mention wheat berries and rye berries being cooked and consumed straight up. But there also are other changes in this niche. First, the sprouted phenomenon. Many grains and legumes are being briefly sprouted before being dried and packaged. The result is a slightly sweeter, nuttier flavour. Second — and even more profound — is ease. As in, companies have gotten wise to the fact that more people would eat more legumes if they were easier to prepare. And then there are the flours. No doubt stirred by all the interest in gluten-free foods, many company now produce bean flours, such as black bean flour, fava bean flour and chickpea flour.

Seaweed

There was a lot of hype this year about researchers growing a new seaweed that supposedly tastes like bacon. But in the meantime we have nori, the seaweed that often is pressed and dried in sheets, then used to wrap maki-style sushi. But it can do much more, and folks are starting to wake up to that. First, try it as an almost calorie-free potato chip substitute. Typically marketed as "seaweed snacks" and sold in single serve packets, these are crispy, salty and addictive. Nori is also being turned into condiments. Combined with sesame seeds and salt, it's called furikake. Or there is the Sea Shakes line of seaweed seasoning blends, which combine kelp, dulse and nori with garlic, lemon peel and rosemary (among many others) with delicious results. Try any of them over roasted vegetables, cooked chicken, rice and other grains.



Little fish

Two things going on here. First, the trend in seafood is to eat lower on the food chain. It's good for the oceans; it's good for the fishing industry. Second, we've all become enamored with umami (the flavour best described as "savory"), and little fish — and the products made from them — tend to be umami bombs. So expect to see lots of anchovies and sardines, and expect to see them in starring roles.

Umeboshi plums

These are the fruit of the ume tree (a relative of the rose). They resemble small apricots, but can't be eaten raw. That's why most of them are salted, fermented and dyed red using shiso leaves. The resulting "plums" have an intensely sour-salty flavour that can be weirdly addictive. They usually are sold whole, as a paste or as a vinegar. In traditional Japanese cooking, umeboshi are eaten straight up, or are served inside balls of rice that are wrapped in nori, but I've been seeing umeboshi showing up in unusual places lately. The vinegar is great in marinades and dressings. Try it sprinkled over a bean and quinoa salad with avocado and shrimp.

Alternative sugars

Avoiding high-fructose corn syrup is getting a little easier, in part because a growing number of soda companies are returning to pure cane syrup. But there also are other changes to the sweetener world. Of particular interest is the growing selection of natural sweeteners made from alternatives to either cane or corn. Agave syrup (also called agave nectar) is the juggernaut here. There also are sweeteners made from coconut (both syrups and granulated), barley, brown rice, dates and apples.





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LIQUID ASSETS

Winter reads with sips of brandy

Though great books on drink can be as difficult to find as a bottle of Barolo for under \$30, 2015 has been a good year for liquid text.

Here are three of my suitable for stocking stuffing favourites.

Madeline Puckette and Justin Hammack's *Wine Folly: The Essential Guide to Wine* (\$29.37) is the Internet sensation's first attempt at hard copy.

Fun, fresh and loaded with their trademark infographics, it will appeal to both the wine novice and the jaded expert.

Matt Kramer's *True Taste: The Seven Essential Wine Words* (\$21.95) brilliantly dispels the pretentious myths of wine tasting, while, Scott McCallum and Victoria Walsh's *A Field Guide to Canadian Cocktails*



(\$20.28) is way more than the history of the Bloody Caesar.

Nothing goes better with a winter read than a warming glass of brandy. Greece's Metaxa 7 Star (\$24.99-\$30.10) gets its super smooth flavour thanks to the addition of some Muscat wine and a secret recipe of herb and floral extracts which sets it apart from all other non-Cognac grape spirits.

PETER ROCKWELL/METRO

A taste of home for Syrian families



Eating familiar food is one of the easiest ways to make people feel at home. This is a dish from Reyan, a Syrian restaurant in Toronto. TORSTAR NEWS SERVICE

CUISINE

This delicious cultural fare puts a new spin on the holidays

Theresa Albert

For Metro Canada



Newcomers to Canada from Syria are arriving; being interviewed, shuffled to new homes, and invited to Canadian spectacles (like Raptors games) within hours of arrival.

So that's the welcome, now how about some comfort food? A taste of home

can provide such sustenance and trigger fond memories.

Here are three foods that we Canadians can incorporate into this year's holiday table to add to the collective embrace.

Syrians serve meze rather than appetizers.

The table often consists of grilled eggplant blended into a dip, fried artichokes, and cooked turnip marinated in yogurt. Olives and pita round out a mostly vegetable table meant to be shared along with conversation.

Ground lamb and bulgur combine to make kibbeh, which are meatball or sausage-shaped patties.

The spices and seasonings are particular to each house-

hold but can include allspice, cumin and mint.

These savoury proteins are served with a sauce made from cherries or pomegranate.

Meals sometimes end with pastries called ka'ak, which are made with semolina flour mixed into a dough and stuffed with ground dates, walnuts or pistachios.

This season is all about gathering around food, so why not try something from the plates of our new Canadians?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

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JOHANNA SCHNELLER WHAT I'M WATCHING

The subtle side of feminism

THE SHOW: Supergirl, Season 1, Episode 6 (Global/CBS)
THE MOMENT: The Anger Lesson

Snarly media mogul Cat Grant (Calista Flockhart) is schooling her sweet assistant, Kara Danvers (Melissa Benoist), on workplace behaviour. (Cat doesn't know that Kara is Supergirl, who's just learning to use her powers.) "You can't get angry at work if you're a woman," Cat cautions. "When I worked for Perry White, he once threw a chair through a window. No one batted an eye. If I threw a napkin it would be all over the news." By episode's end, Supergirl has learned to channel her rage. "I'm not afraid of my anger anymore," she says. "I can use it."

Aww. It's heartening to watch a baby feminist take her first steps. Especially at the knee of Flockhart who, in the late 1990s, played Ally McBeal, a TV It Girl whose miniskirt-feminism (or lack thereof) was much debated. Now 51, Flockhart spits seen-it-all wisdom at Kara at least once an hour. When Kara objects to the moniker Supergirl,



Cat Grant (Calista Flockhart) spits seen-it-all wisdom at Kara (Melissa Benoist) in Supergirl.

Cat replies, "I'm a girl, your boss, and powerful, rich, hot and smart. If you perceive 'girl' as anything less than excellent, isn't the real problem you?"

When Kara asks how Cat juggles it all, Cat rolls her eyes: "You learn. You can have it all, but not all at once and not

right away." OK, it's wildly on the nose. But between the pair of mothers who are too hard on their daughters, and the evil alien aunt, and the female supervillains, a question keeps popping up: Why are women their own worst enemies?

That's worth asking. Supergirl returns to Global TV Jan. 4 at 8 p.m. Watch past episodes at globaltv.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CROUCHING TIGER, HIDDEN DRAGON

Yeoh reprises role in new action film

Malaysian actress Michelle Yeoh says she has been waiting many years to reprise her role in the 2000 film Crouching Tiger, Hidden Dragon.

The sequel to the supernatural martial arts film, Crouching Tiger, Hidden Dragon: Sword of Destiny, centres around the protection of a legendary sword.

It also stars Donnie Yen, Harry Shum Jr. and Jason Scott Lee.

The original was filmed

in Mandarin. The sequel is in English and will be dubbed into Mandarin for its release in China.

Yeoh appeared Tuesday at an event in Beijing launching the sequel alongside director Yuen Woo-ping and Natasha Liu Bordizzo, who plays Yeoh's apprentice.

Crouching Tiger, Hidden Dragon: Sword of Destiny will be released in theatres on Feb. 8 in China and on Feb. 26 in the U.S. on Netflix and in selected theatres.

THE ASSOCIATED PRESS



NEW YEAR'S EVE TELECAST

One Direction, Carrie Underwood to ring in 2016

Pentatonix, Macklemore & Ryan Lewis, Nick Jonas and OMI, Alessia Cara, will be ringing in the New Year from Hollywood, Calif., for ABC's telecast of Dick Clark's New Year's Rockin' Eve With Ryan

Seacrest 2016.

One Direction is headlining the West Coast event, while Carrie Underwood is headlining the party in New York's Times Square.

The show will be telecast starting at 8 p.m. Eastern on Dec. 31. THE ASSOCIATED PRESS

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It finally feels good to be a fan again

THE FORCE AWAKENS

Forget the recent trilogy and watch like it's 1983 again



Colin McNeil
Metro | Canada

The last time anyone was this excited about a Star Wars movie, I was 11 years old.

It was 1999 and Episode I: The Phantom Menace had just opened. I went into that theatre a young Star Wars fanatic — the proud owner of a hundred action figures, reciter of dialogue and watcher of VHS tapes. I came out disillusioned. This wasn't my Star Wars.

It looked different, felt different, sounded different.

It was the beginning of a dark time for fans — the prequel years.

I must be a slow learner, because here I am with opening night tickets to The Force Awakens, and I've already picked out my favourite Yoda shirt to wear. After guarding my heart for much of the lead-up to this new film, I admit, I've given it fully to Disney — for better or worse.

Maybe you have too. But if you're

a jaded millennial fan with a voice inside that's crying out to believe all over again, don't be afraid to bring a revised version of Star Wars with you into the theater this weekend.

I want you to party like it's 1983. There are no prequels. Hell, there aren't even any special editions. Han shot first, midi-chlorians aren't a thing, and Darth Vader sure as Sith didn't build C-3PO when he was nine.

I want you to dredge up what it felt like waiting in line outside your neighbourhood Cineplex in 1999, before anyone knew what a Jar Jar Binks was and before we were mauled by flat characters and limping plot lines.

Take it a step further and walk into that theater without the weight of six films and countless TV shows, comics and books on your shoulders.

Remember what Yoda said, "Let go of everything you fear to lose," and let this new story take you where it may.

And if you're brand new to this whole Star Wars thing, now is the time to dive right in.

If we know anything about J.J. Abrams from his captaincy of the Star Trek reboot, it's that he's ready and willing to make this franchise accessible for everyone.

Welcome to the club.



Follow Colin McNeil on Twitter @McNeilColin



Let go of the disappointments of the recent Star Wars movies and watch The Force Awakens with fresh eyes. THE CANADIAN PRESS

MOVIE RATING by Richard Crouse

Star Wars: The Force Awakens

★★★★

There's good news for Star Wars fans. The initials in director J.J. Abrams's name definitely do not stand for Jar Jar. His take on the Star Wars universe does everything the much-maligned prequels did not — that is, it focuses on character and adventure, not treaties or political dealings. The Force Awakens delivers a nostalgic blast while at the same time freshening up the series.

HOW RATING WORKS

★★★★
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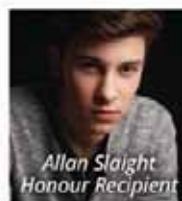
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5 (SPOILER-FREE) THINGS TO EXPECT IN THE FORCE AWAKENS

Yes, we've seen it. Metro had an early viewing of the new Star Wars movie, and it does not disappoint. Here are five things to whet your appetite for the big return to a galaxy far, far away. And don't worry, we won't be ruining it for you. We hate spoilers, too. **MIKE DONACHIE/METRO**



1 This ain't no Phantom Menace

The new movie is good. It's really good. This is J.J. Abrams' take on Star Wars, and Jar Jar Binks need not apply. It's a return to the escapist fantasy of the Star Wars universe, with no midi-chlorians. The film isn't perfect — there are discordant moments with unlikely coincidences, or general silliness — but it doesn't matter. Some purists might be left unhappy, but this deserves to be the movie event of the year. It'll make you feel like a kid again.



5 Prepare to get emotional

Great movies play with your emotions, and this is one of those great movies. There are so many laugh-out-loud moments, and some tearful ones, too. But, overall, it's just exciting as hell. Practise those blaster and lightsaber noises now, because you're going to hear them a lot and you might as well join in. The pacing of The Force Awakens might be Abrams' greatest contribution to the franchise. He's taken George Lucas' toys and made them fun to play with again. Prepare to jump to lightspeed.



2 Yes, you will geek out

The gang's all here, and of course we know that from the trailers. But to see Han Solo and Chewbacca back in action is an absolute joy. The droids are there, too, and just as hilariously annoying. As for Luke and Leia ... just go see it. We can say no more. There are dozens of little references to the old movies. There are lines to make you grin and objects to recognize, plus a ton of cool new stuff. And nothing will prepare you for the sight of the Millennium Falcon in flight again.



4 Han Solo is your grandpa now

This guy got old. There's no attempt to hide the fact that Harrison Ford is 73. His face is lined, his movements are sometimes stiff and he talks like a man who's seen too much of life. But it's still Han, wise-cracking, blasting and cheating his way across the galaxy, and to hell with anyone who gets in his way. It's easy to see why Ford agreed to return — this role is one of the defining moments of his career.

3 Rey is the female hero we've been waiting for

The Star Wars franchise has had a bad record with women being left in the background without many lines. This time, though, there's no gold bikini. Instead, there is Rey. Played by Daisy Ridley, she is the touchstone of the film. She doesn't need anyone to rescue her, and she's not hanging around waiting for the men to catch up. Rey is a capable, clever, hard-hitting young woman. She's the character that Star Wars was missing.





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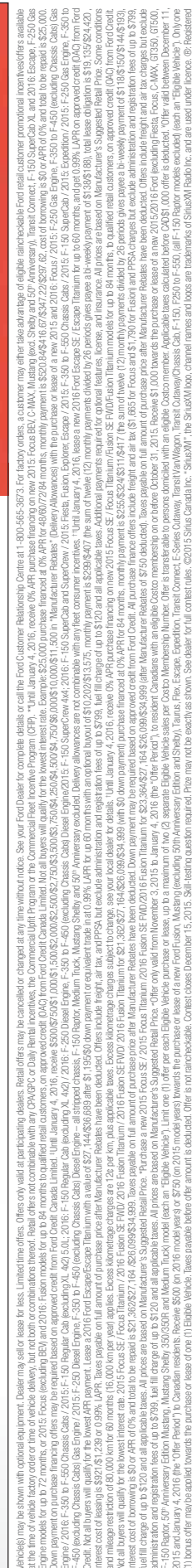
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REVIEW

Mazda shows how it's done with the now-lighter MX-5

Mike Goetz

For Metro Canada



You have to marvel at how devoted and careful Mazda is with the overall idea of the MX-5 (a.k.a. Miata).

For any of its three previous generation formats, and for this new, fourth-generation format, Mazda could have so easily given the little roadster more powerful engines, more elbow room, more comfy stuff, more of everything basically.

But Mazda has always maintained that the way to have sports car fun is not just about outright speed. It believes it is better to have a sports car that responds to your every command, and thoroughly connects you to the bones of the vehicle, and the contours of the road. In this way, a roadster will always "feel fast" in more driving situations. And this 2016 Mazda MX-5 is brilliantly executed in that manner.

It's more than 100 kg (180 lb) lighter than the previous MX-5, and as compact as the very first Miata.

You experience its willingness to change direction basically every time you change direction, which happens quite often when you think about it. Electric steering replaced hydraulic steering, but still provides awesome feel.

The way you sit in the vehicle,

and the way you interact with all the controls, makes the MX-5's cockpit feel like no other vehicle cockpit on the road. Certainly helping matters is one of the best shifting manual gearboxes in the land, and easy-to-use controls, which seem slightly miniaturized to Miata proportions.

Cabin caveats are the Mazda console controller, which has received mixed reviews from Day 1, and the lack of interior cubbyhole volume. The cubby holes are optimized for smartphones and such — anything chunkier has to go in the trunk.

The trunk is bigger and deeper, but seems less likely to hold golf clubs, if that's a priority.

The convertible top is incredibly easy to put up and down. Effective wind deflectors, and speakers in the headrests, both help top-down motoring.

This car has less horsepower than the previous roadster, but is actually faster. A good dose of midrange torque, and that overall light weight, makes it happen. The 2.0-litre engine is based on the one in the Maxda3, but revs faster, due to a lighter flywheel. Again, it's all about balance; you don't feel the need for more power, because this level of power already delivers and then some, in this lightweight, great-handling package.

Just a final thought on the exterior design. Previous MX-5 models were kind of anti-style, or at least they didn't try too hard to look super cool. This one is trying a bit too hard, me thinks, especially around the rear haunches. But after that I got nothing. I love this car. It's currently right at the top of my Christmas list.

ELECTRIC CAR MARKET

Mystery U.S. startup unveils \$1B factory

A little-known California startup with ambitions to challenge Tesla in the electric car market unveiled plans Thursday for a \$1-billion manufacturing plant.

Faraday Future said on its website the investment in the facility near Las Vegas, Nev., is a "first phase" for the new company, which is yet to get a vehicle on the road.

The facility is "something more than an ordinary 'assembly line,'" according to the statement, and will include 280,000 square metres

"for passionate creators and diligent visionaries, where new concepts will be refined and implemented." It will create 4,500 jobs in the region.

Based in southern California, Faraday Future has revealed little so far about its plans, or even its financial backers or resources.

Its team of about 400 includes former engineers and

executives from Tesla and BMW, according to its website, which says the company "will launch with fully electric vehicles that will offer smart and seamless connectivity to the outside world."

Faraday Future plans to unveil its prototype at the Consumer Electronics Show in January in Las Vegas.

According to the research firm CB Insights, one of the investors in Faraday Future is Chinese entrepreneur Jia Yueting.

The company is named after Michael Faraday, who discovered the principles of electromagnetic induction. In its mission statement, the company says that "today's cars do not meet today's needs." AFP



The electric car market is getting a new player. ISTOCK



TECH GIANT

Samsung to develop components for autonomous cars

Samsung Electronics is taking steps to expand into another market, as they announced the creation of a team for developing next-generation automotive components, according to Reuters.

Instead of attempting to develop its own self-driving car, the South Korean electronics company announced last week their plans to work on car components and software, with

an initial focus on "infotainment," satellite navigation and autonomous driving.

Other tech industry giants who have expressed an interest in developing driverless and electric car sectors are Google and Apple.

Samsung's rival LG Electronics announced in October that it would be developing an array of components for General Motors' upcoming Chevrolet Bolt EV, including the electric drive motor (built from GM design) and battery cells and pack. AFP

‘Made in Ghana’ initiative revs up

LOCAL SOURCING

Kantanka cars could put West African nation on the map

Japanese Toyotas, German Mercedes and BMWs, and GM cars and trucks from the U.S. are driven in countries around the

world. But in Ghana, an inventor and church leader who started out trying to make voice-controlled television sets is telling the auto giants to move over.

Kwadwo Safo Kantanka — nicknamed the “Apostle” because he also runs a network of churches — has finally realized his dream of developing and marketing cars “Made in Ghana.”

“It’s been in the pipeline

since 1971,” Kwadwo Safo Jr., one of the inventor’s sons, told AFP. “It started with the old man, so it’s been a long time coming.”

Kantanka’s range of sports utility vehicles and pickup trucks have got Ghana talking on social media, thanks in part to an advertising campaign using local movie and music stars.

The sticker price of the

vehicles run from \$18,000 to \$35,000 — out of range for most people in Ghana. But a cheaper saloon car is expected to go on sale next year.

The locally made vehicles are entering a tough market, going up against established brands in a country that sees about 12,000 new and 100,000 second-hand cars imported every year.

But the inventor’s son, who is chief executive of the Kantanka

Group, is confident the demand is there and the firm can hold its own in the competition.

“Already we have certain companies in Ghana who have come to make certain outrageous orders for huge numbers that we have to meet. So, we are working,” he said, without giving any specifics.

Buy local

Ghana’s President John Dramani Mahama has been pushing his compatriots to buy locally to boost a stuttering economy hit by inflation, a depreciating currency and high public sector debt.

In 2014, he showed off a pair of Ghana-made shoes during his annual state of the nation address and criticized the lack of appreciation of locally made goods and over-reliance on imports.

advantage to produce,” he said at the time.

For Kantanka some key components such as glass, tires and brake callipers are imported, AFP was told on a visit to the company’s technology research centre west of Accra last year.

But local sourcing is a key component of Kantanka’s vehicles, whose radiator grilles feature Ghana’s five-pointed star emblem.

Wood from Ghanaian forests is used to make dashboards while the cream-coloured leather seats in the black SUV were made in the country’s second-biggest commercial city, Kumasi.

Akan — a language widely used in Ghana — is written alongside English on the electronics.

The road ahead

Kantanka’s son was adamant about the uniqueness of the cars, which have all been approved for safety by Ghana’s Drivers Vehicle Licensing Authority.

The Made in Ghana label means that “if you have any problems with the vehicle, you wouldn’t have to import from India or China or America. All the parts are right here and we have a 24-hour service,” he said.

Six months ago, Ghana’s police service received one of the pickup trucks, potentially paving the way for other government agencies to place orders.

Kantanka Jr. is upbeat about the way ahead.

“The future of Kantanka for the next 10 years is to try as much as possible to increase our lines,” he said.

To the current three lines, he said, “we intend to increase by next year January, February and add two more lines to it. We intend to go into more lines like buses, minivans and all that.” AFP



We must believe in the Ghanaian just like Toyotas and Hyundais.... They all started from scratch. Who knows? Kantanka could be the next Toyota.

Murtala Mohammed, who lives in Accra

He noted that some \$1.5 billion was spent in foreign currency on items such as rice, sugar, cooking oil, tomatoes and fish — all money “which could have gone into the pockets of Ghanaian entrepreneurs,” he said.

“Any import items we buy as Ghanaians constitutes an export of jobs in this country, especially in respect of the items for which we have comparative

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A Kantanka car at the Apostle Safo Technology Research Centre in Gomoa Mpota, Ghana. CHRIS STEIN/AFP



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**RAM**[illegible]

Hammond back between the pipes after concussion

NHL 'Excited' Sens goaltender set to start for Capitals game

Ottawa Senators goaltender Andrew Hammond is set to return to action for the first time in more than a month.

He's tabbed to start against the Washington Capitals on Wednesday night in his first game with the Sens since suffering a concussion over a month ago. Hammond played two games with AHL Binghamton last weekend as part of a conditioning stint and is ready to go.

"It's been a long time coming now with the injury," Hammond said after practice Tuesday at Canadian Tire Centre. "But (I'm) just excited to get back in there and play a real good team."

The 27-year-old netminder admits his recovery took longer than initially expected. He suffered the injury after taking a shot to the head in a Nov. 12 game against the Vancouver Canucks.

Hammond took another knock to the head on the following

day at practice. It happened again last weekend with the AHL club but he did not experience any side effects. "Any time you get injured it's frustrating," he said.

"For me the toughest part was just never having been down the road of having had a concussion before. Not knowing what to expect and it took a lot longer than I thought it would, but I think there's enough going on right now in the media and everything that you can never be too safe with head injuries now.

"Obviously in hindsight now I'm pretty happy that I did take a little bit of extra time to get

healthy and not rush back."

This season has not gone as planned for Hammond, who took the league by storm last season by winning 20 of 24 games and posting a .941 save

percentage. The Senators rewarded his efforts with a contract extension and were looking to him to share the workload with Craig Anderson. But Hammond is 2-0-2 right now. He missed the start of the regular season with a groin injury before being sidelined with the concussion.

Anderson made 15 straight starts at one point — posting a 8-5-2 record through the stretch — but the Senators would like to give him a break and get Hammond back in action.

"It's like every guy coming off the

injured list, they get antsy, they've trained, they don't like practice, they don't like going to the AHL for games, they want to play in the NHL," said

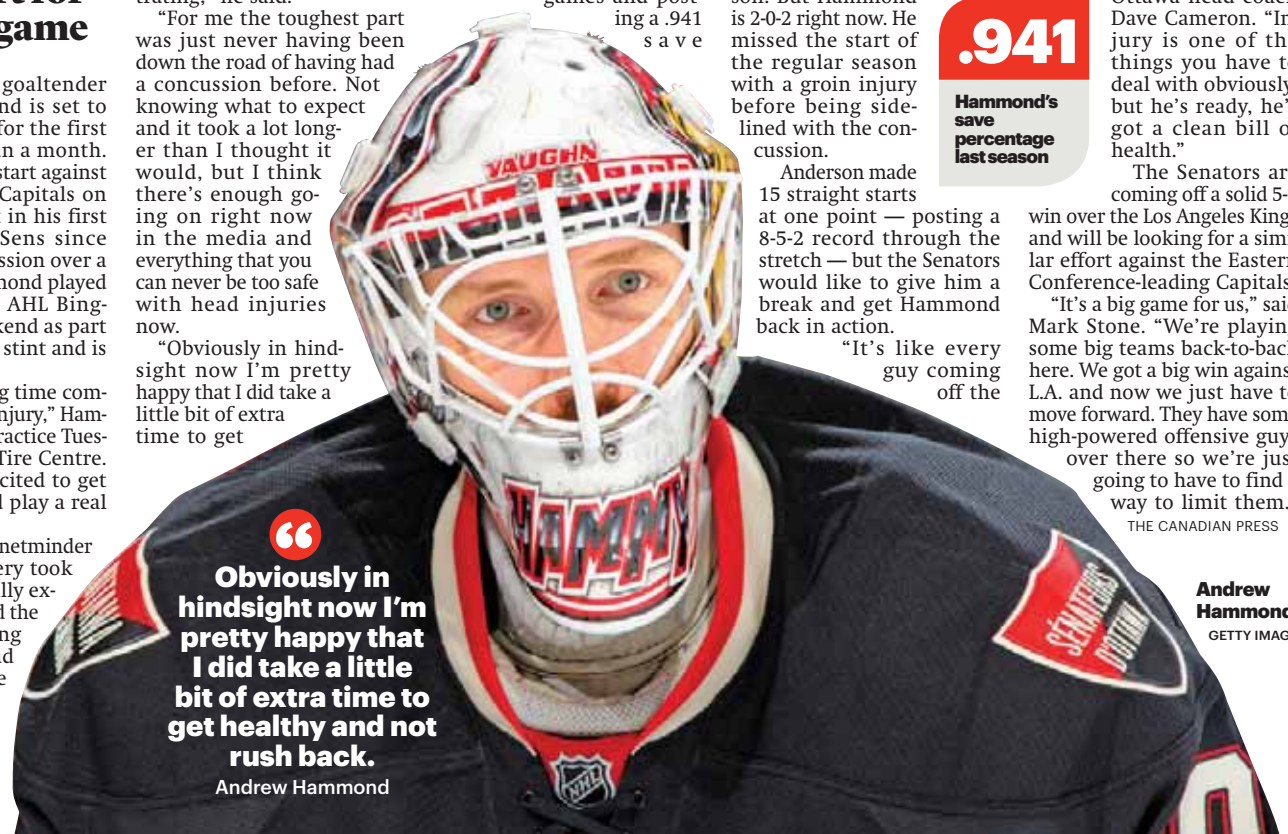
Ottawa head coach Dave Cameron. "Injury is one of the things you have to deal with obviously, but he's ready, he's got a clean bill of health."

The Senators are coming off a solid 5-3 win over the Los Angeles Kings and will be looking for a similar effort against the Eastern Conference-leading Capitals.

"It's a big game for us," said Mark Stone. "We're playing some big teams back-to-back here. We got a big win against L.A. and now we just have to move forward. They have some high-powered offensive guys over there so we're just going to have to find a way to limit them."

THE CANADIAN PRESS

Andrew Hammond
GETTY IMAGES



"Obviously in hindsight now I'm pretty happy that I did take a little bit of extra time to get healthy and not rush back."

Andrew Hammond

PENGUINS

Pittsburgh front line continues to stutter

Mike Sullivan's voice is unmistakable. Loud. Authoritative. Animated. And, the Pittsburgh Penguins hope, an alarm clock.

One of the NHL's marquee draws is in the midst of an identity crisis more than a third of the way into the season. The Pens aren't scoring. They occasionally aren't defending and — perhaps most troubling — the magic they once summoned so easily seems to have disappeared.

"I think we're bottom of the league in goals scored this year and I'm pretty sure we shouldn't be, right?" forward Phil Kessel asked, only somewhat rhetorically.

Pittsburgh's 4-1 loss to Washington on Monday night in Sullivan's debut dropped the Penguins to 15-11-3. They remain in a tie for ninth in the Eastern Conference and are 27th in goals per game despite ranking fifth in shots. The power play littered with all-stars is 28th.

And nowhere are Pittsburgh's struggles more evident than in Sidney Crosby's prolonged funk. The two-time Hart Trophy winner is on pace for career lows in goals and points. While Sullivan doesn't believe Pittsburgh needs a massive overhaul, there are plenty of old habits he'd like to see kicked.

Several of them were evident against Washington. Evgeni Malkin ended one shift by lazily backhanding a centring pass instead of just sending the puck around the boards. The turnover led to a two-on-one the other way.

It was an avoidable mistake, the kind Sullivan, who took over as head coach after Mike Johnston was fired over the weekend, knows it's his job to help eliminate. THE ASSOCIATED PRESS



Sidney Crosby



Evgeni Malkin



Phil Kessel
ALL GETTY IMAGES

CANADIENS

Price delighted to win 'special' Lou Marsh Trophy



Carey Price talks to the media after winning the award
THE CANADIAN PRESS/RYAN REMIROZ

Montreal Canadiens goaltender Carey Price has made history again. Price became the first hockey goaltender to win the Lou Marsh Trophy as Canada's top athlete on Tuesday.

Price hit career highs with 44 wins with a 1.96 goals-against average and a .933 save percentage for Montreal in the 2014-15 season.

"It's definitely special to me. I'm going to be proud of that for the rest of my life," Price said after getting the award.

He also won the Vezina Trophy as the NHL's best goal-

tender, the Hart Trophy as the league's most valuable player as voted by the Professional Hockey Writer's Association and earned the Ted Lindsay Award as the NHL MVP as judged by his fellow players. He also shared the William M. Jennings Trophy for fewest goals allowed with Corey Crawford of the Chicago Blackhawks.

Price's 44 wins set a record for most in a season by a Canadiens goaltender and was tied for fifth with six other players for most in a season.

The 28 year old from Anahim

"I'm going to be proud of that for the rest of my life."

Carey Price

Lake, B.C., is only the second player in the storied history of the Canadiens franchise to win four NHL awards in one season.

Price, who has been out of action since late November with a lower body injury, said his rehab is going well. He was to

miss at least six weeks, which would put his return in early January, and won't need surgery. "I'm feeling well. The progress is exactly as it should be going."

The Lou Marsh award is selected annually by a panel of sports journalists from across Canada and is named after the former Toronto Star sports editor. It's been awarded every year since 1936 — save for a stretch from 1942-44 — with a hockey player winning 13 times.

Bobsledder Kaillie Humphries won the award in 2014.

THE CANADIAN PRESS

Canada's Scandinavian adventure is underway

WORLD JUNIORS

Gold-medal incumbents set out plan in Finland

Hockey Canada has the raw materials for its junior team. Now it's time to starting putting it together.

Canada's roster of 27 players had their first practice in Imatra, Finland, on Tuesday to prepare for three exhibition games this weekend as the coaching staff and Hockey Canada's management team evaluates who will make the final roster for the world junior hockey championship.

"I think that everyone that comes to Europe has a chance to make the team," said Ryan

Jankowski, director of player personnel for the team. "The job isn't done and that's what we've got the week for and that's what we've got the three exhibition games for, to help sort that out. "That's the week where things come together and you see the foundation taking shape."

After a four-day selection camp in Toronto where four players were cut, Canada's junior team now has 15 forwards, nine defencemen and three goaltenders. The three goalies — Mackenzie Blackwood, Mason McDonald and Samuel Montembeault — are the only ones guaranteed spots. Blackwood will be unavailable for Canada's opening game of the world junior championship against the United States on Dec. 26 and the Canadians' second game on Dec. 28 against Denmark as he serves out the end of an eight-game suspension.

That means forwards and defencemen will have to be cut over the next week to get Canada down to a 23-man roster.

"It's about getting a smaller group together," said Jankowski. "It's about putting a structure in place needed to be successful at the international game."

"Even though we'll have some extra players there it's about building the foundation, building the style of play that's been started here. But now it's a less volatile environment because the first cuts have been made and now we're starting



Brayden Point gets instructions from head coach Dave Lowry during selection camp in Toronto last week. TODD KOROL/TORSTAR NEWS SERVICE

to strengthen the team."

An emphasis has been placed on speed and play-making ability throughout the evaluation process with players and coaches alike using the word "fast" as a desired quality throughout the selection camp.

"I think it's going to be a fast, skilled team," said centre Brayden Point, who returns from last year's gold medal-winning team. "That's what (head coach Dave Lowry) has been wanting

and I think it's going to be fast."

Each day of training camp Lowry's coaching staff and the management team — which includes Jankowski, Tim Speltz and Scott Salmond — will meet to discuss which players are impressing them and who might be cut. Canada will play Belarus in a pre-competition exhibition on Saturday, the Czech Republic on Sunday and Sweden on Dec. 23.

"We're going to continue working on our game," said

Lowry. "We have some pillars that we feel are going to be the strengths to our team and how we're going to have to play. The one thing we don't want to do is we don't want to over think and put too much thought into the players' heads."

"We want to simplify the process. We understand that it's a short competition but we want to make sure that our goal going is that we're going to be the best prepared team." THE CANADIAN PRESS

NHL

Stamkos has T.O. a-twitter

Steven Stamkos returned Tuesday to the city that likes him back.

In the aftermath of a furor over "liking" a tweet about the Maple Leafs pursuing him, the Tampa Bay Lightning captain came to Toronto to face the team many hockey observers have speculated could sign him this summer.

Stamkos — who grew up in nearby Markham, Ont. — has said his actions on Twitter were accidental.

Stamkos not having a contract extension with the Lightning is already enough fuel for speculation about his future.

Stamkos has never ruled out the possibility of playing for the Leafs at some point in his career. This would be his chance.

"I'm not going to look too far into that just because I don't have a crystal ball," said Leafs forward Shawn Matthias, who was Stamkos's roommate at the 2008 world junior championship. "I can't predict the future. He's a great player. I'm sure everybody around the league would love to play with him because he's done so much in the game already."

THE CANADIAN PRESS



Steven Stamkos

THE ASSOCIATED PRESS

FIFA

'Bewildered' Blatter defiant ahead of ethics court case

Sepp Blatter is "bewildered" by allegations he faces and will go before the FIFA ethics committee on Thursday with

"a strong belief in justice."

Blatter writes to 209 FIFA member federations "although I have been suspended I am not isolated and will certainly not be silenced."

Ethics prosecutors want a life ban if corruption is proved in Blatter authorizing \$2 million in 2011 for Michel Platini, whose ethics hearing is on Friday.

Bans of several years for conflicts of interest are thought more likely.



Sepp Blatter

GETTY IMAGES

Blatter says public comments from the FIFA investigation are prejudicial and "dangerous."

He pledges to "continue to fight for my rights," and can appeal to the Court of Arbitration for Sport.

Blatter sent his traditional

end-of-year letter on personal headed notepaper instead of FIFA's.

Also Tuesday, former president of Honduras and a former FIFA vice-president extradited from Switzerland pleaded not guilty to charges stemming from the

sprawling investigation.

Former Honduras President Rafael Callejas pleaded not guilty to bribery charges through his lawyer. Former FIFA vice-president Juan Angel Napout also pleaded not guilty to racketeering, conspiracy and wire fraud and was released on a \$20 million bond.

And bribery case suspect Eduardo Li has agreed to be extradited to the U.S. after more than six months in jail.

THE ASSOCIATED PRESS



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RECIPE Orecchiette with Turkey and Broccoli



PHOTO: MAMA YISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

chilis (optional)
• 1 cup chicken stock
• 1 cup grated Parmesan cheese

Directions

1. Cook the pasta according to package instructions. Set a timer for 2 minutes before the pasta will be done — at that point you're going to toss in your broccoli.
2. Warm your olive oil in a large skillet over medium heat. Add the turkey, garlic, onion, fennel seeds and chilis. Cook for about 5 minutes, until the meat is browned.
3. Drain the pasta and broccoli and then add them to the skillet. Toss everything together. Add the stock and toss. Serve in a big bowl sprinkled with lots of Parmesan.

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A full meal including greens and protein in a flavorful (and fast) pasta dish.

Ready in

Prep time: 20 minutes

Cook time: 10 minutes

Serves 4

Ingredients

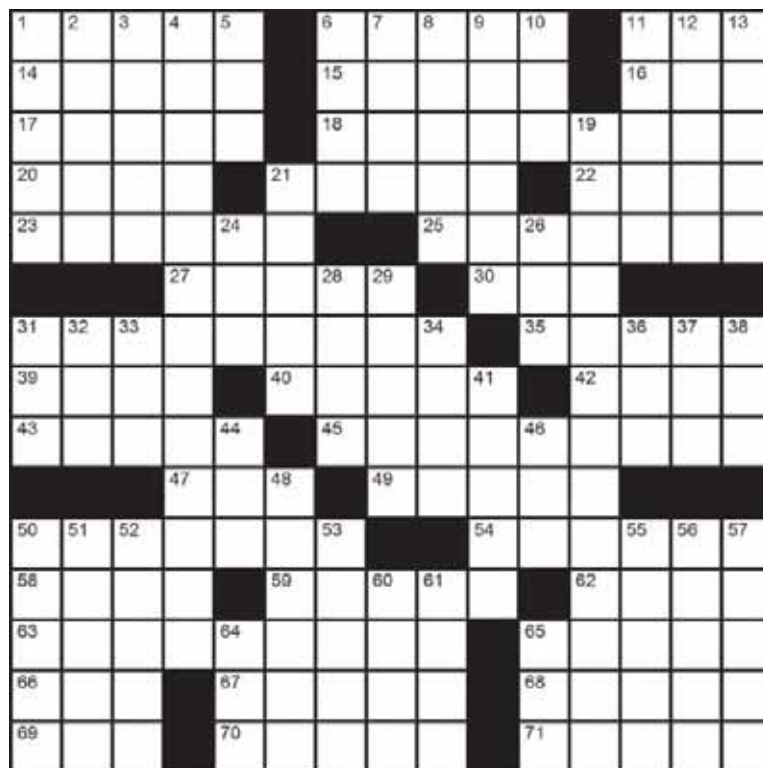
- 1 box (1 lb) orecchiette
- 4 cups of broccoli florets (cut small)
- 3 Tbsp olive oil
- 1 lb ground turkey
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds
- 1/2 tsp crushed dried

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Baby kangaroo's snug spot
6. Diminish
11. Curvy letter
14. Vietnam's capital
15. Where Khartoum is the capital city
16. "Monster-in-_" (2005)
17. Gumbo ingredients
18. Rural municipality in the Interlake area of Manitoba
20. Mr. Simon of plays
21. The Divine Comedy writer
22. Perched on
23. Involve, as an audience
25. Paint thinner, for one
27. Cancels/voids
30. Hillary Clinton _ Rodham
31. Meeting someone gesture
35. Grab _ _ to eat
39. Mr. Baldwin
40. " _ _ economy is always beauty." - Henry James
42. Reddish-brown
43. Copper, for one
45. Versatile
47. Ms. Long
49. Alberta village, 'Gateway to the Handhills'
50. Deadlock
54. Canadian boots company since 1910
58. Berth
59. Prices
62. "Look out!" on the golf course
63. South Pacific



- archipelago
65. '47 _' (2013) starring Keanu Reeves
66. Yore's 'before'
67. Latin for 'Courageous and faithful', _ et fide
68. Hoity- _
69. Guitar guru Mr. Paul

70. Writer Ms. Ferber's
71. _ _ Sketch

DOWN

1. Ring a friend
2. Like acorned trees
3. Strip the gear from a ship

4. Winnipeg company specializing in hand-poured candles: 3 wds.
5. "Tarzan and _ Mate" (1934)
6. Cruising on the ship
7. Intense gym workout feeling

8. Prospector's passages
9. Acquire/assume: 2 wds.
10. Nav. designation
11. Uplift
12. Beauty parlour
13. Used a dustpan
19. Comedian known for his Royal Canadian

- Air Force work and for the hockey player character Big Bobby Clobber: 2 wds.
21. New _ (India's capital city)
24. Astronaut Mr. Grissom
26. Farm's grassy expanse
28. Ms. Turner
29. Ancient poet of Scandinavia
31. Theatre hog
32. Tavern drink
33. Web
34. _ Stanley Gardner (Perry Mason creator)
36. Payment promise
37. Beige
38. "The _" by The Doors
41. Converses
44. Fleur-de- _ [var. sp.]
46. "Macarena" by Los del _
48. Rise
50. Urge forward
51. Singer/actress Mandy
52. North and South on the globe
53. Reddish-rose dye
55. Ancient Greece column style
56. Sch. subject
57. Where Nairobi is the capital
60. Earth's crust layer
61. _ New Mexico
64. Kilt-wearer's refusal
65. Driver's path, for short

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will enjoy what happens today, even if others don't. The influence of Uranus in your sign makes it easier for you to accept upheavals and, while Uranus is moving retrograde, to see the positive in negative.

Taurus April 21 - May 21
Someone will find fault with what you do today. Whether or not their comments are fair is beside the point: what matters is that you ignore what they say and carry on.

Gemini May 22 - June 21
There is no point blaming yourself. What has occurred would have happened anyway, so stop beating yourself up and start focusing on things that you can influence.

Cancer June 22 - July 23
Have the confidence to try something different today, something that pushes back the boundaries of what you think of as possible. Where both money and work are concerned take chances you would usually avoid.

Leo July 24 - Aug. 23
You are brimming with confidence. The Sun's journey through Sagittarius is coming to and end but you still believe that anything is possible. And it is!

Virgo Aug. 24 - Sept. 23
The Sun in one of the more sensitive areas of your chart may dampen your plans but in a matter of days your confidence will return and you'll find there is nothing you cannot do.

Libra Sept. 24 - Oct. 23
Don't turn down a promising offer because you're not sure if you're up to the job. You would not have been approached unless people thought you could grow into it quickly.

Scorpio Oct. 24 - Nov. 22
You won't enjoy being put under pressure today but realize that the experience is not so bad. You need to make changes to your working routine and this will confirm it.

Sagittarius Nov. 23 - Dec. 21
What happens today will catch you off guard but being the flexible sort you will quickly recover and turn the situation to your advantage. The Sun in your sign will protect you from harm, so why worry?

Capricorn Dec. 22 - Jan. 20
Keep your more outrageous thoughts to yourself. It's unlikely that others will understand, still less appreciate them. Make allowances for those whose vision does not stretch as wide or as deep as your own.

Aquarius Jan. 21 - Feb. 19
You tend to hang back when you should be pushing your way to the front of the queue. Today will make it easier for you to get noticed — so make the effort.

Pisces Feb. 20 - March 20
If something out of the ordinary occurs don't take it seriously or personally. Sometimes things happen for no apparent reason and there is no point getting worked up about it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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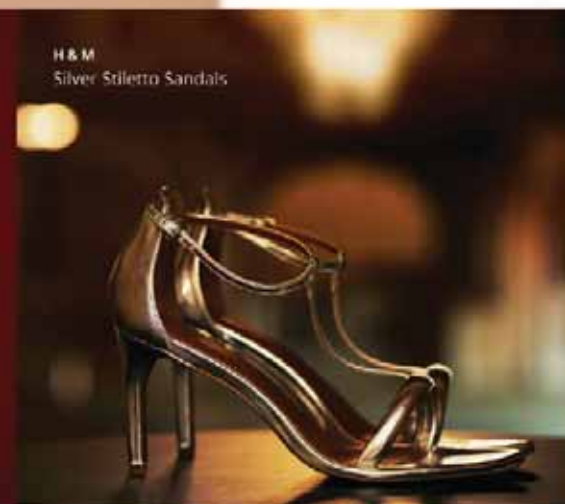


LE CHATEAU
Cufflinks, Gold Striped Tie, Silver Tie, Green Tie

GUESS
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H&M
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